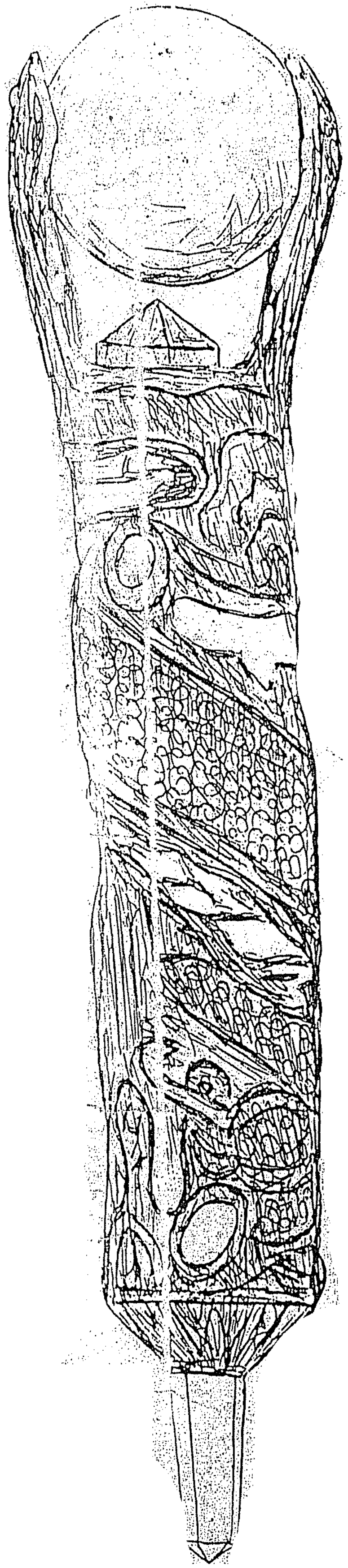
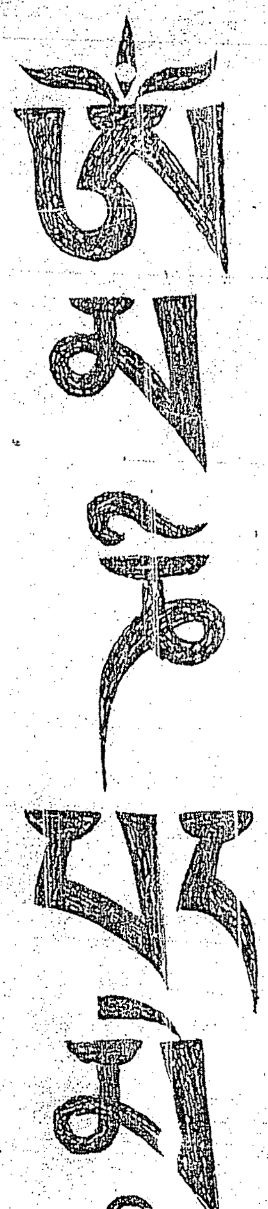
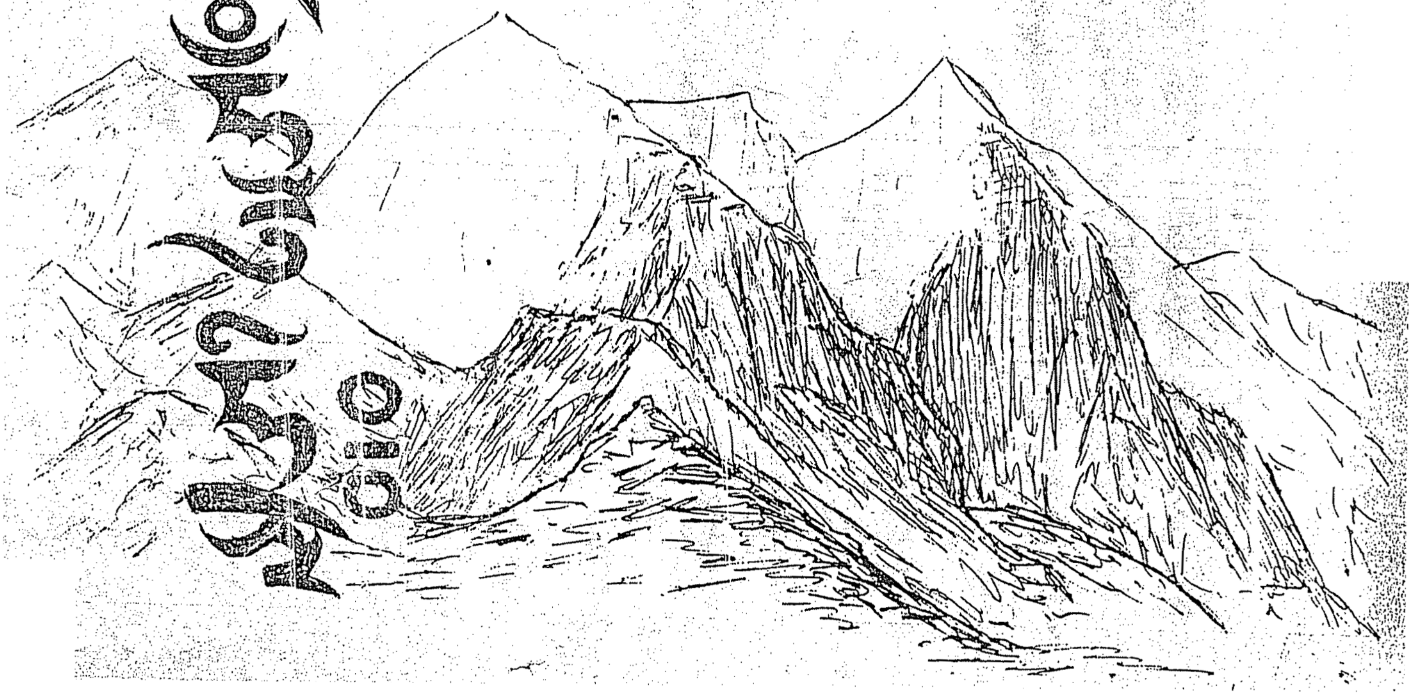
Tibetan Healing Book



Energy of the Himalaya



Om Mani Padme Hume
My wish is all
the time with you
Come out of the dark
And see God
inside your heart.



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THE TIBETAN HEALER

This book has been written for all the people who want to become a healer. You can do this for your own health or to help others. If you want to become a healer and you want to help others, than it is good to start by yourself. For to become a healer you don't have only to develop your healing powers, but also you have to live in a more spiritual way. You need to develop love for other people. The meditations, given in this book you can use to develop this spiritual way of living. This can take a long time, but it is well worth it. When you succeed in curing yourself you can help other people. Also by giving healing power to others, you can develop your own healing powers.

First it is important to know why people are ill. Everything in life is energy. All you see around is any form of energy. All you see around, whether you like it or not is made by your own mind. This proces goes on and on. Positive ways of thinking makes your live bright and shining and it makes you healthy. On the other hand, negative ways of thinking will make your live more difficult and this will make you unhealthy and ill. This proces is ruled by the chakra's. They give the energy to your body. If you have a negative way of thinking and emotions rules your life, some of the chakra's can be blocked or will be closed and this can give you certain problems with your health. The main problem is that peoples minds are in fixed patterns. They usually will not change their minds. That means that a lack of energy, caused by the mind and its emotions, will grow and grow. What start as a harmless disease can grow and can give you a far more dangerous disease later.

It is the task of the healer to change this negative energy. Then the disease will go away. But it is far more better to change the way of thinking of the patient in a more positive or spiritual way to prevent diseases for the future. That is why a healer has to give a good example by living a good spiritual life. He can do this by speaking softly and calm, by playing Soft and nice music and by giving a good vibration on a singing Bowl. Also the room must have a positive atmosphere. You can Put big crystal in the room and make a puja at one side.

... to do is to see the patient as a friend and to give him your love unconditional. Explain everything what you do . Avoid any kind of emotions. Stay calm when the patient has lots of emotions. You are there to help the patient but don't take his problems into your life. This is only possible when you are strongly rooted in spirituality and when you have lots of unconditional love for others.

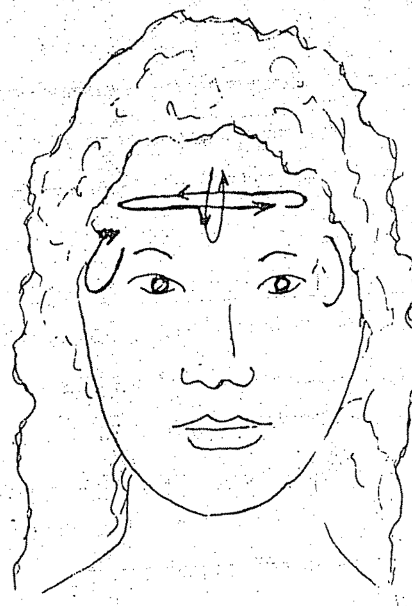
A good way to change the mind of a patient in a more positive way is to give him an affirmation. Give affirmations like:
I am completely healthy. I am brightful. I believe in myself. I am lovable. I have everything that I need. The patient has to say this loudly many times a day. Slowly this will change his mind.

It is also important that there are no strong fragrances or perfumes in the room. Do not use to much insence in the puja. All this fragrances and especially a strong perfume will distract a person's attention.

The following rules are nothing more than an example. You have to find out for yourself what is the best way to work with your patients.

THE START OF THE HEALING

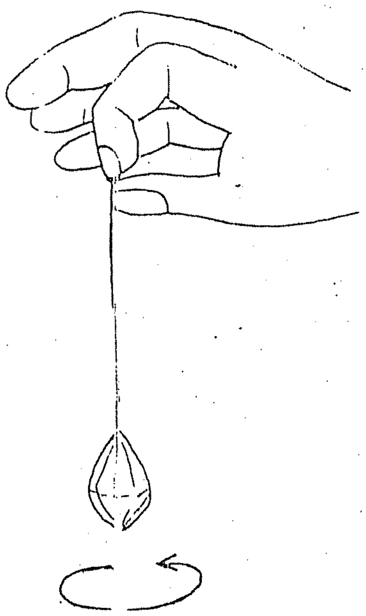
- When a patient comes into your room first talk with him like a friend. Use your intuition to find out the connection between his emotions and his mind patterns on the one side and the illness or complaints on the other. Give love to the patient.
- Take the - point of the healing stick and give a massage on the forehead. First upwards and downwards and then from the right to the left . Then give a massage to both of the temples. The massage can take a few minutes. It gives the patient a feeling of peace and makes him more open to the treatment. Turn the stick clockwise.



- It can be a good idea to put every day some drinking water into the singing bowl. Give sounds for some minutes. Also you can put a crystal in the water. Every patient you give some water from the singing bowl.

- Also you can give one or more sounds on the singing bowl to every patient. It will give peace to the patient.

- You can use a pendle to test the chakra's. Keep the pendle as still as possible in front of the chakra. When the pendle turns clockwise then the chakra is open and good. When it turns clockcounterwise then there is a problem with the chakra. Also when the pendle goes to and fro the chakra is not in balance. Cheque all the chakra's and write it on a note. When a patient comes back, you can do it again and you can see the changes.

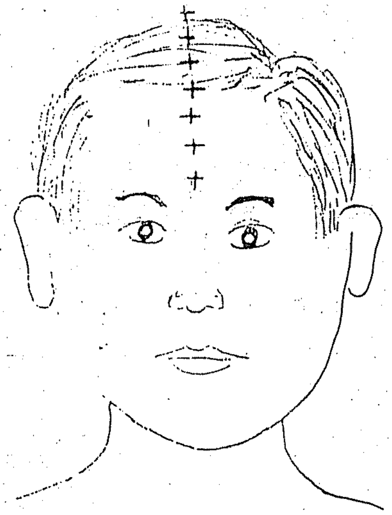


- You can also ask the patient to do a few minutes pranayama. For pranayama put your left thumb in your left ear and close the left hole of your nose with your left little finger. Breath deeply. and slowly through your right hole of your nose. Do this one or two minutes and than change the practice from the right to the left side.

- Now give the treatment for the disease. Never work in a hurry Take your time for everything, especially for concentration on love for the patient.

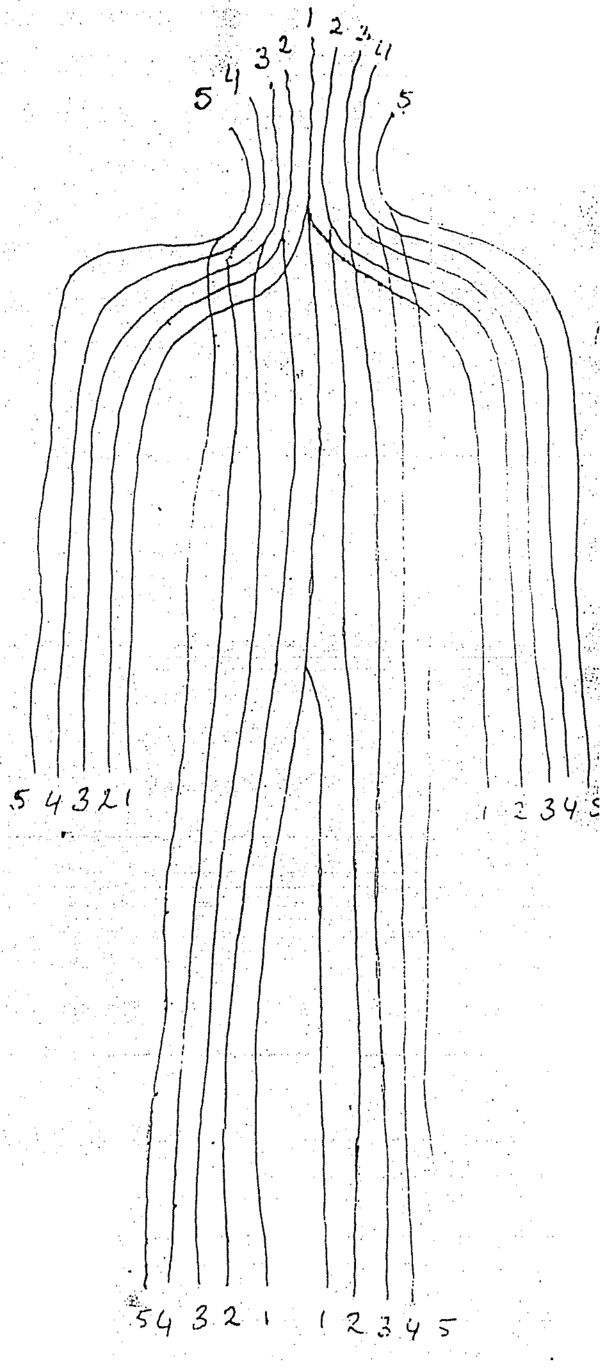
THE END OF THE HEALING

- At the end of the healing you can take the + point of the healing stick and give + points from about 5 seconds, from the forehead to the crown. So you give energy to the seventh chakra.

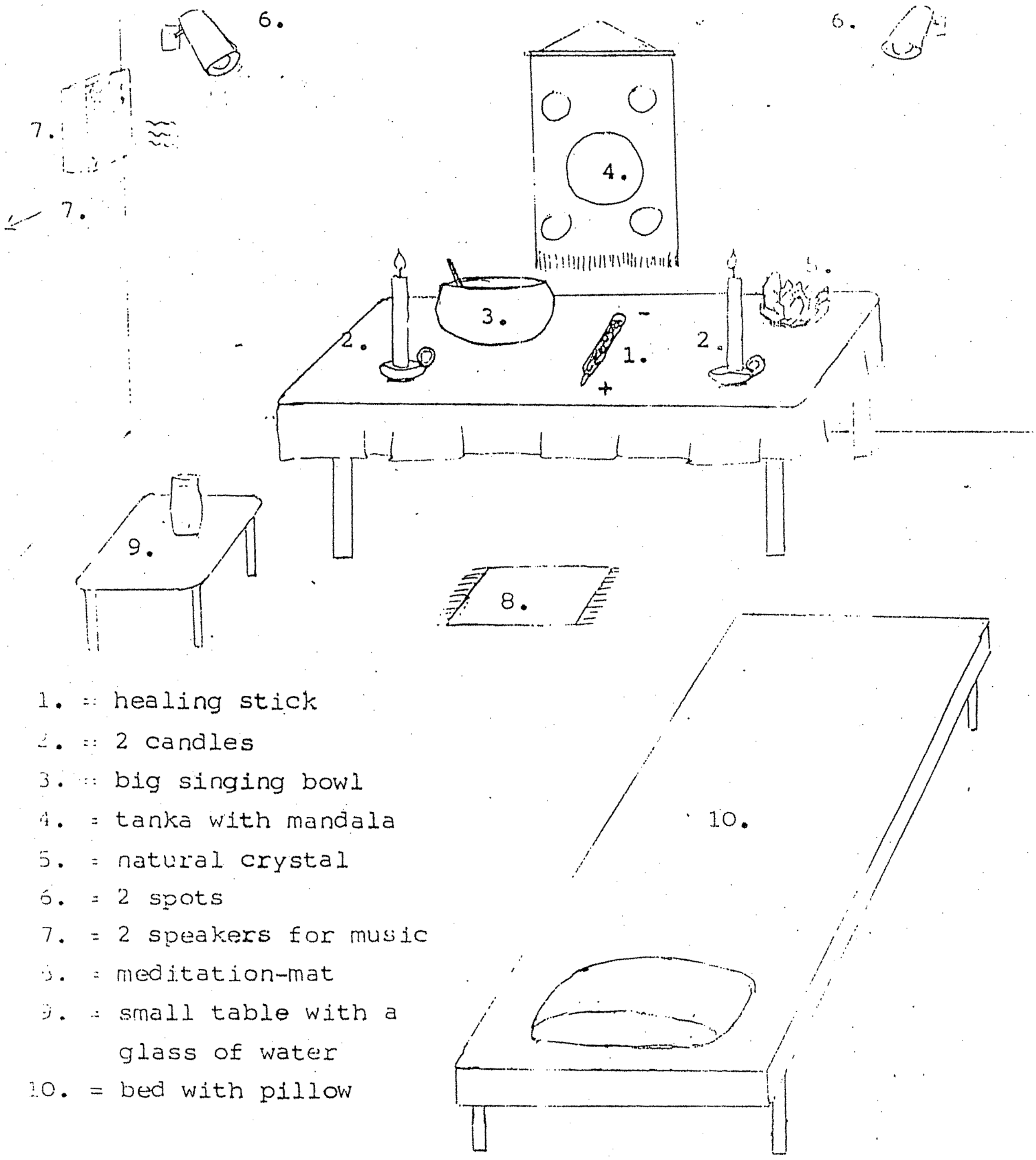


- On the end we bring all the negative energy to the earth. So we bring all the five elements in a perfect condition. Use the + point of the healing stick. Follow the lines 1 to 5 from the head to the toes and from the head to the hands, without touching the body with the stick. Pass the healing stick across the body.

  line 1 = fire (third eye is fire energy)
  line 2 = space
  line 3 = air
  line 4 = water
  line 5 = earth/nature



A GOOD HEALING ROOM

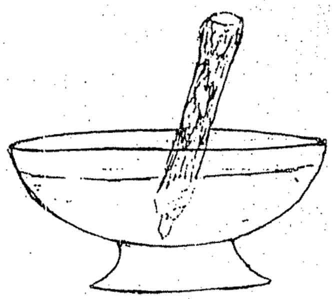


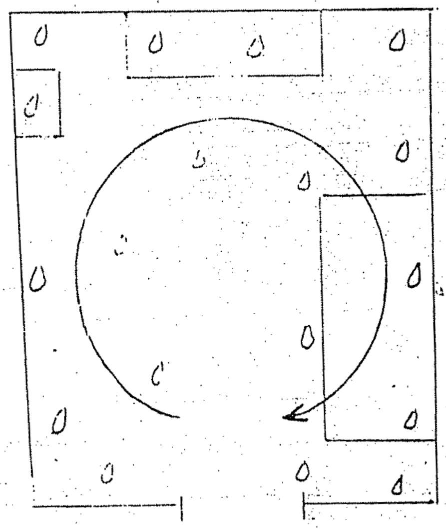
1. = healing stick
2. = 2 candles
3. = big singing bowl
4. = tanka with mandala
5. = natural crystal
6. = 2 spots
7. = 2 speakers for music
8. = meditation-mat
9. = small table with a glass of water
10. = bed with pillow

If you are sitting in front of the puja, the + point of the healing stick has to be directed to yourself. Use two candles. The second candle makes good things come back to you. Hit the singing bowl once for every patient. The sound will help the patient. The natural crystal is good against every mental problem and gives a good vibration. Play only soft and quiet music. The toilet has to be in an other room. The small table with the glass of water is for your master or the one you are praying for. In the picture you stand with your back to the door.

CLEANING ROOMS FROM BAD ENERGY

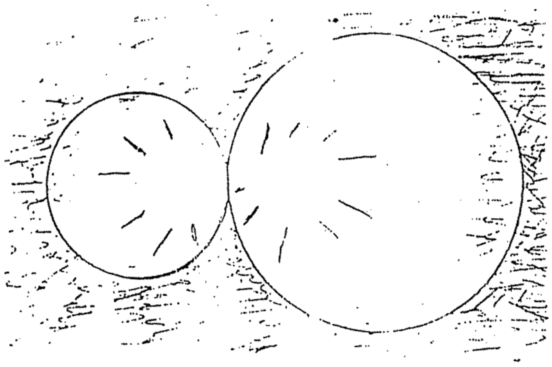
Bad emotions like anger, greed, jealousy and fear give bad energy to a room. Also in your healing room it can happen that a patient has so much of those emotions that the good energy goes away. Also you yourself can be in a bad mood. If you feel bad energy it is possible to clean the room. Take a bowl with one litre of water and put it for two hou in the moonlight. Then put it in the puja. Sing mantra's, perhaps the Gayatri mantra, or speak holy words or prayers. Now take the + point of the healing stick and put it into the water. Give drops of this water to all the things in t house. The walls, the table and chairs, the bed, the floor all the corners. Go clockwise through the room. You can ad and more water to the bowl, so you can use it for many day

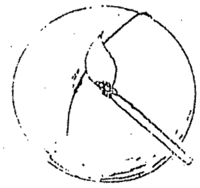




THE HEALING STICK (GYAMZO)

The healing stick is an important instrument in the hands of a healer. If you use it well it will increase your power and your possibility as healer. How does the healing stick work and why does it work. A healing stick has 7 or 9 different stones. Every stone has his own property. If you want to see this in practice then take two crystalline balls. Crystal has fire energy in it. If you rub the balls to each other in the dark you will see big lightnings inside the balls. A second way to see this is to take one of your hairs and put it over a crystalline ball. Now keep a flame above the hair. It will not burns because the crystal take all the heat away. After it you will also see a little bit of brown fluid on the ball with dries quickly. This are all properties of crystal.

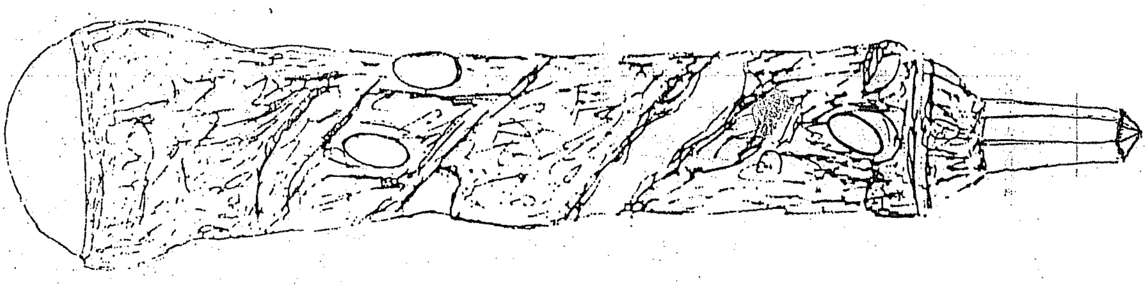


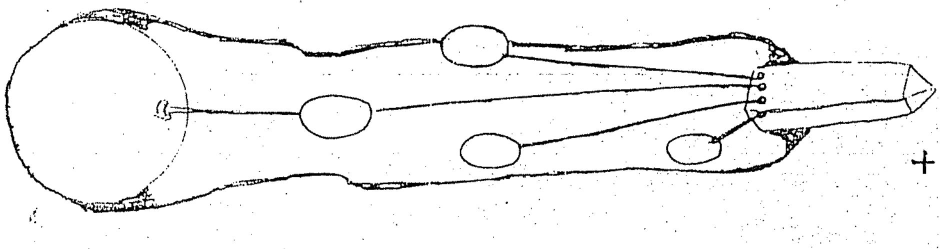


Every stone in the healing stick is related to one of the 5 elements and every stone has his own property.

- air = transparent crystal
- space = lapis (blue)
- fire = coral (orange-red)
- water = turquoise
- earth = jasper (jasper)

Every stone is related to a chakra and every chakra has his own color. Every disease is caused by a lack of good energy in the body, what also means a problem in one of the chakra's.
It is possible to heal a disease by putting the stone, related to the problem on the right place. The problem is that one stone is not very strong and when the problem is to serious, the stone can loose his energy or even break. A healing stick has more power and is far more strong dan the different stones together. The healing stick will never break and will never loose the color of the stones, what can happened if you use the different stones for healing.

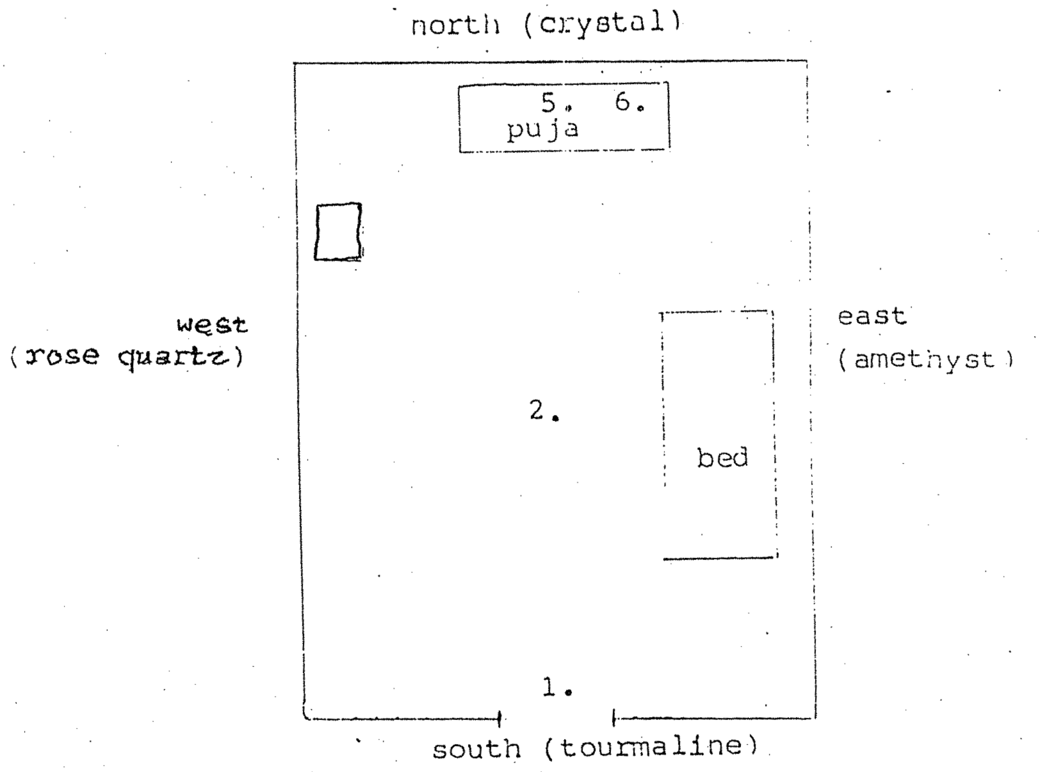




There are many different forms of healing sticks, in many different qualities. One side of the stick has a sharp point. This point is made of crystal and we call it the + point of the healing stick, what means that this point gives positive energy. The other side of the stick is a ball, made of rose-quartz (love) or jade (light green for natural energy) or crystal for the - point. The healing stick is made of 5 kinds of metal. Gold, silver, brass (= yellow copper), copper and iron. This metals connect the different stones with the + point. Only one of the stones is connected with the - point. In high quality sticks, the stones are not connected by metal, but by a big amber stone inside the healing stick. Outside the healing stick there is a thick dark brown coating. This is a mixture of coral-powder, turquoise-powder and rice-poweer, mixed with resin of trees. Together you get a thick pastey which is put around the stick. After hardened it is processed and engraved.

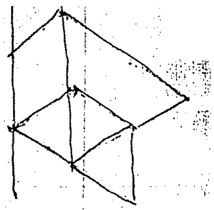
When you use the healing stick it is important to now that you have to put the healing stick every two months in the moon light for one hour or more. This will give the stick his power. Never use the healing stick for joking or other kind of bad things. If you have lots of patients, than clean the + point every day with salt water. Otherwise clean it sometimes for good energy.

STONES IN THE HEALING ROOM



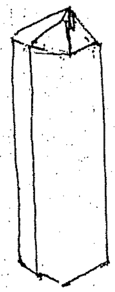
It can be useful to put some stones in the healing room. Every stone has his own property. Stones can help a healer in different ways. They can give good energy, prevent you from a misfortune or keep negative energy away. Remember that not only the patients needs good energy. Also the healer has to be in a good mood, if he wants to do his job properly. Thats why it is good to take some precautions to prevent that you, yourself gets seriously ill because of the bad moods of your patients. A few stones can prevent this and will create a good atmosphere what also will help the patients. Some stones are related to a special direction (see the picture above). So it is the best to put a crystal on a shelf at the north side of the room and put rose quartz at the west-site. Both needs cold places. Put amethyst at the east-side and tourmaline at the south side. You can also put the crystal on the puja table. It is not necessary to put all the stones in your room. A big natural crystal on your puja is very powerful and is usually enough. Some of the following kind of stones needs a special place in the room. You will find the numbers in the picture above. Another important thing is; The bigger the stone, the more powerful it works.

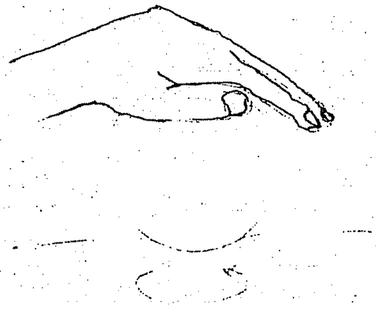
This star is made of crystal or rose quartz. You can hang it above the door. It will give you happiness and bliss.



2. A stalagmite of a cave will protect you for all kind of diseases. You can hang it in the middle of the room.

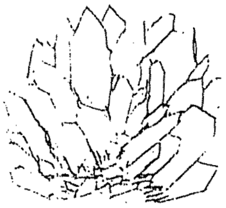
3. Jade or crystal in this form will protect you against all kind of emotions like anger, fear, jealousy and hatred.



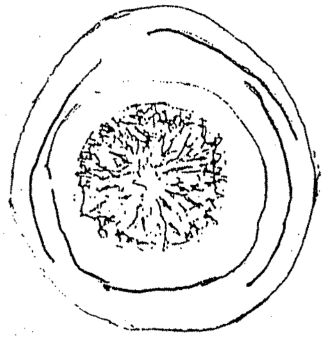


4. A rose quartz or a crystalline ball you can use for giving a massage to a patien Don't touch the skin with your hand but use the ball. Rose quartz gives love to a patient and crystal gives good new energy.

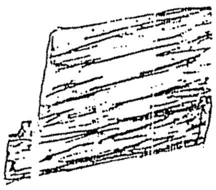
. The black onyx lingam is a holy stone. It gives divine energy and it is good for meditation. Put him on your puja behind the healing stick.



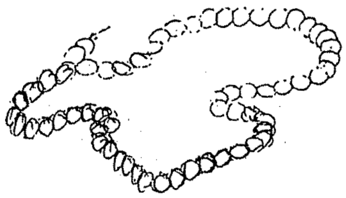
. The most powerful stone in a healing room is a natural crystal. It prevent you from misfortune. Try to get a big crystal. The first time you put it into your healing room, clean it first with salt water. Then clean it every month with water.



7. A stone-plate or geode is good for opening the third eye. Put some water in the middle and wait for three minutes. Then put the water on your forehead.



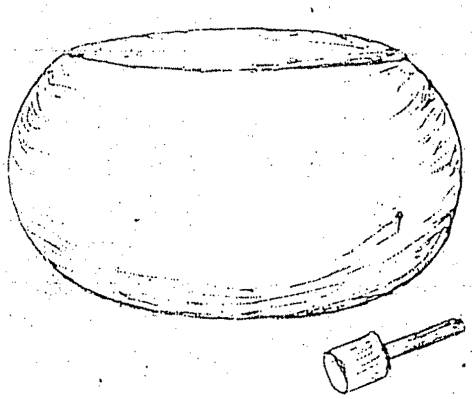
. Tourmaline protects you against jealousy and black magic. Use a stone from more than 70 gram. It is an black stone which you can put on a shelf at the south-side of the room.



9. A japamala is a chain from 108 small balls or stones. You can us it for prayers and for singing mantra's. You can also use it for asking questions. Take some of th stones and bring every time two stones to the left and two to the right. Finally you have 1, 2, or 3 stones left. 3 stones means impossible. 2 stones means yes, very good and 1 stone is between yes and no. If no stones left than ask again.

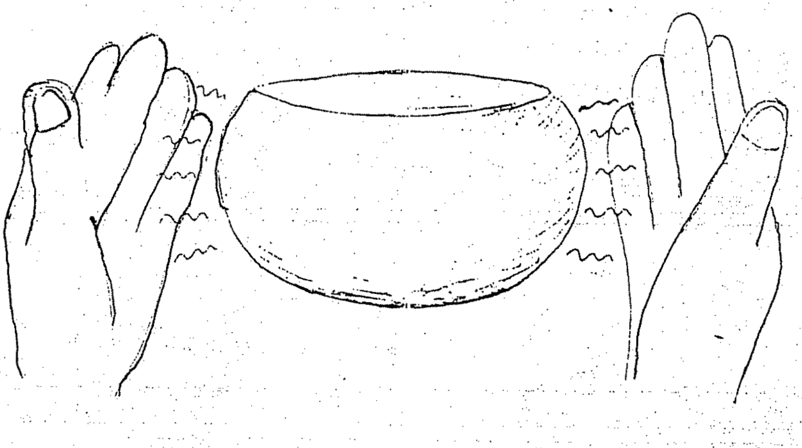
You have to clean all your stones every month in water. The more attention you give the stone, the better it will work for you.

THE SINGING BOWL

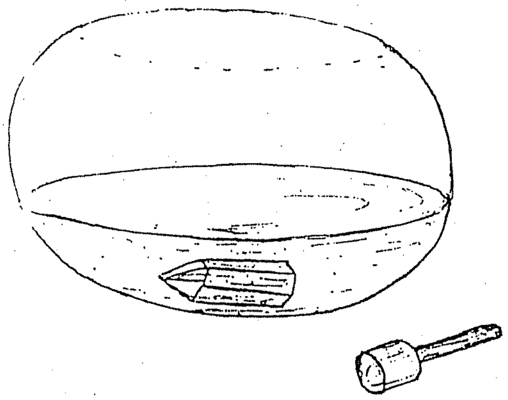


- Beside a healing stick and big crystal every healer should have a big singing bowl.
It can help the patients in more ways.
It helps when you give a sound and vibration to every patient who comes in your room. It clears the atmosphere and give the patient a good feeling.

- Normally everyone has lots of thoughts in his head. Even in meditation it is difficult to be really quiet inside.
The sound of a singing bowl has the qualities of all the five elements in it. If you listen to this spiritual sound for about three minutes it will give you immediate a good concentration
Keep the singing bowl in your hand and let the patient keep his hands just beside the bowl without touching it. Now give a sound for about three minutes. The patient will feel the energy o the sound in his hands.

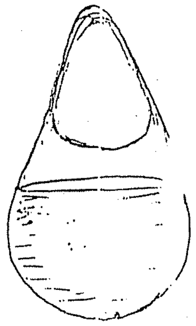


- It is also possible to give one vibration to every chakra.
It doesn't take a long time and it can help the patient.
At least it takes his fear away and bad emotions, so the rest of the treatment will be more successful because the patient is in a peaceful mood.



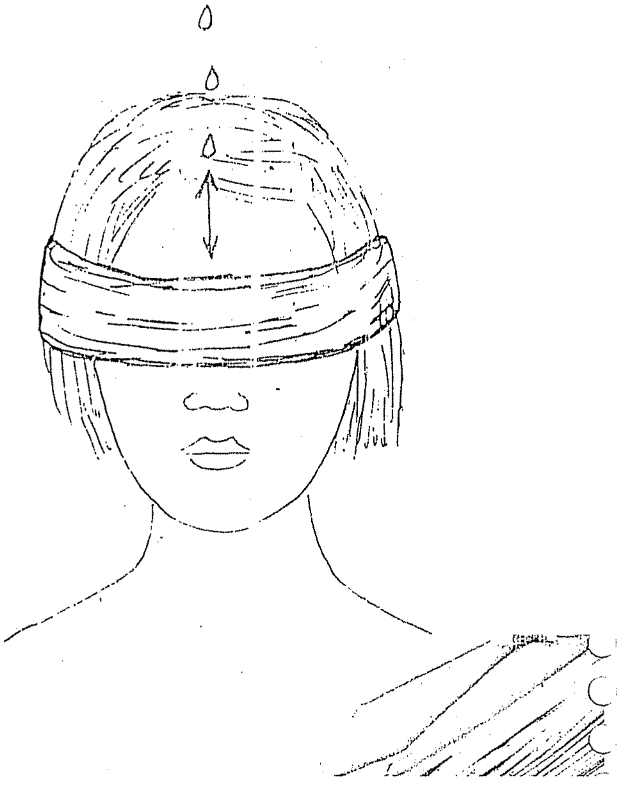
- There is another simple wa to use the singing bowl. Put about 5 centimetre of not to cold water in it. (drinking water not from t fridge). Put a crystal in the water and give sounds one or two minutes. You ca give every patient a cup c this water to drink. This especially good against he inside (fever) or outside in the sommer by high temperatures. It also gives the patients energy. It is also good against emotions like anger and fear ar stuttering patients.

- Never put salt water in the singing bowl. It is not good for th metal. Also it is better to keep the bowl inside your house. Outside can be dangerous with lightning.

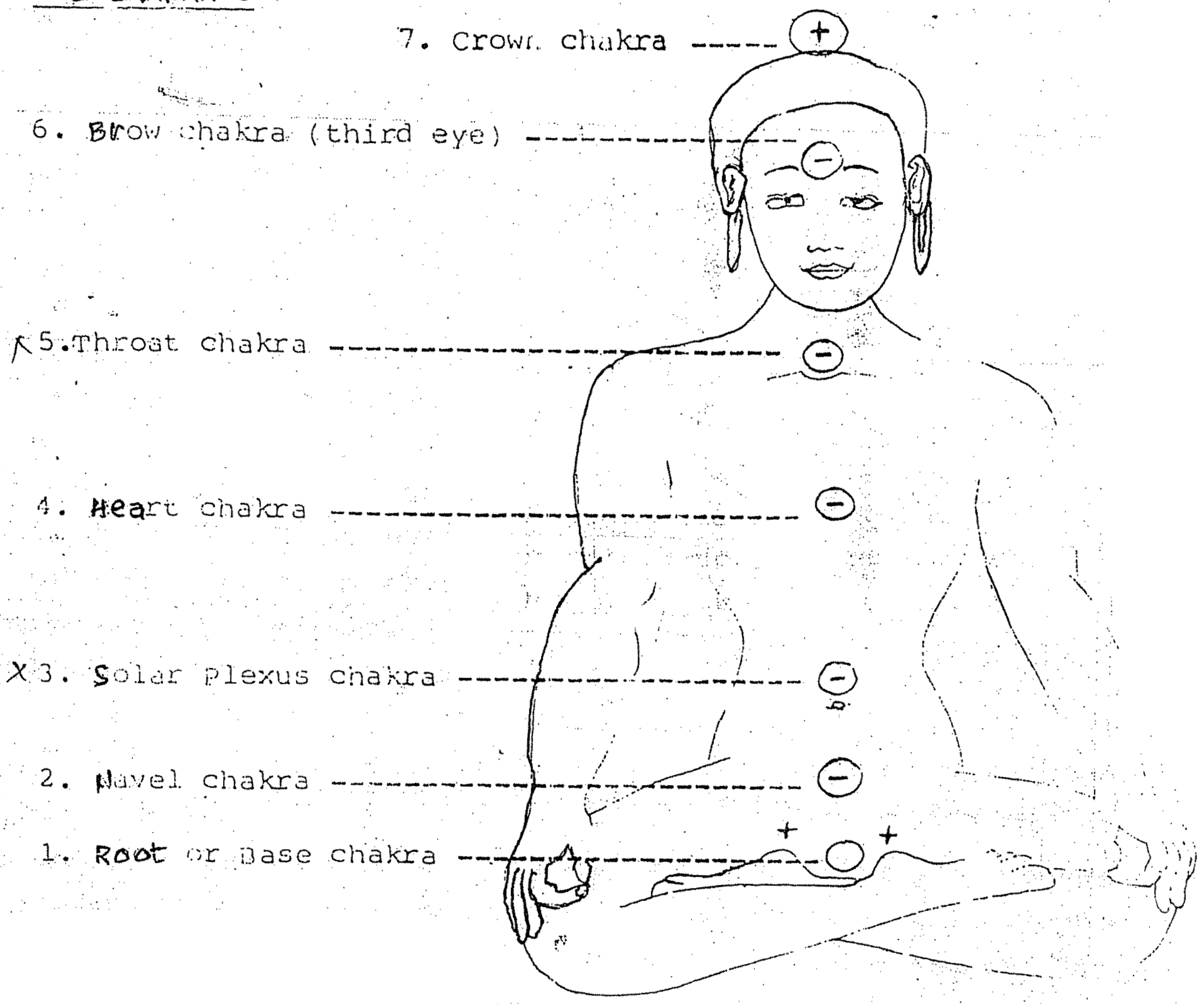


- If a patient has a serious problem with the lungs or the heart or cancer, then you can put some of the water in his hands and give + points in the palm of the hands.

- Problems with the third eye can give headache and depression. Also bad Karma can block the third eye. Put water and a crystal in the singing bowl. Give vibration for 3 to 5 minutes and put the water in a plastic bag. Let the patient Lay down with a towel over the eyes. Make a very small hole in the bag and let the water drop on the forehead of the patient . Go up and down according to the picture. Do this for 10 minutes. Maybe it is better to hang the bag up from the ceiling.



THE CHAKRA'S



The seven chakra's are the seven main energy centres of the body. Try to activate all your chakra's. Problems with a chakra means problems with a kind of energy in your body. This will give diseases. Every chakra has his own color, gives the body his own functions, is related to some organs and some minerals and has his own qualities and lessons.

1. Root or Base chakra: The color is red.
   element: earth
   functions: gives vitallity to the physical body, instincts, survival, self preservation
   minerals: ruby, bloodstone, red jasper, black tourmaline, smoky quartz
   qualities: grounding, individuality, stability, security, stiffness, health, courage, patience
   problems: insecurity, anger, sexual problems for woman. Give two + points beside the chakra.

Navel chakra: the color is orange, the element is water.
functions: assimilation of food, physical force, vitality, sexuality.
organs: ovaries, genitals, prostatic, bladder
minerals: coral, gold, amber, citrine, gold topaz
lessons: giving and receiving emotions like desires, sexual love, pleasures, assimilation of new ideas.
problems: over indulging in food or sex, sexual problems, jealousy, desire to possess, bladder problems.
You can give a treatment with the - point of the healing stick. So you can stimulate the chakra. Push two minutes.

.Solar plexus chakra: The color is yellow, element is fire.
functions: vitalize the nervous system, metabolism.
organs: pancreas, stomach, liver, gall, bladder, muscles, nervous system
minerals: amber, citrine, golden topaz, gold calcite
lessons: personal power, will, self control, energy, warmth mastery of desire, awakening.
problems: anger, fear, hate, bottle up your emotions, giving in to much.
You can give a treatment and stimulate the chakra with the - point of the healing stick. Push for one minute.

4. Heart chakra: the color is green, the element is air.
functions: anchors the life force from the higher self into the body.
minerals: emerald, green jade, green tourmaline, rose quart
lessons: unconditional or divine love, forgiveness, compassion,
problems: heart problems, repression of love, emotional instability.
You can give a treatment and stimulate the chakra with the - point of the healing stick. Push for one minute.

Throat chakra: the color is sky blue, element is ether/akash.
functions: communication, sound, vibration
organs: throat and mouth
minerals: lapis, lazuli, turquoise, aquamarine, azurite
lessons: true communication, speech, writing and arts,
integrate peace and truth, knowledge, kindness.
problems: depression, communication problems, problems with
breath.
Use the - point of the healing stick for 2 minutes. This will
open the chakra.

Brow chakra: the color is indigo/dark blue, element is light.
functions: vitalizes the lower brains and central nerves
system, vision (third eye)
organs: eyes, nose, ears
minerals: lapis, lazuli, quartz crystal, sapphire, azurite,
tourmaline
lessons: intuition, imagination, insight, concentration,
clairvoyance, devotion, wisdom, soul realisation
problems: headache, eye problems.
Use the - point of the healing stick for 2 minutes each day.
This will open the chakra and gives good energy.

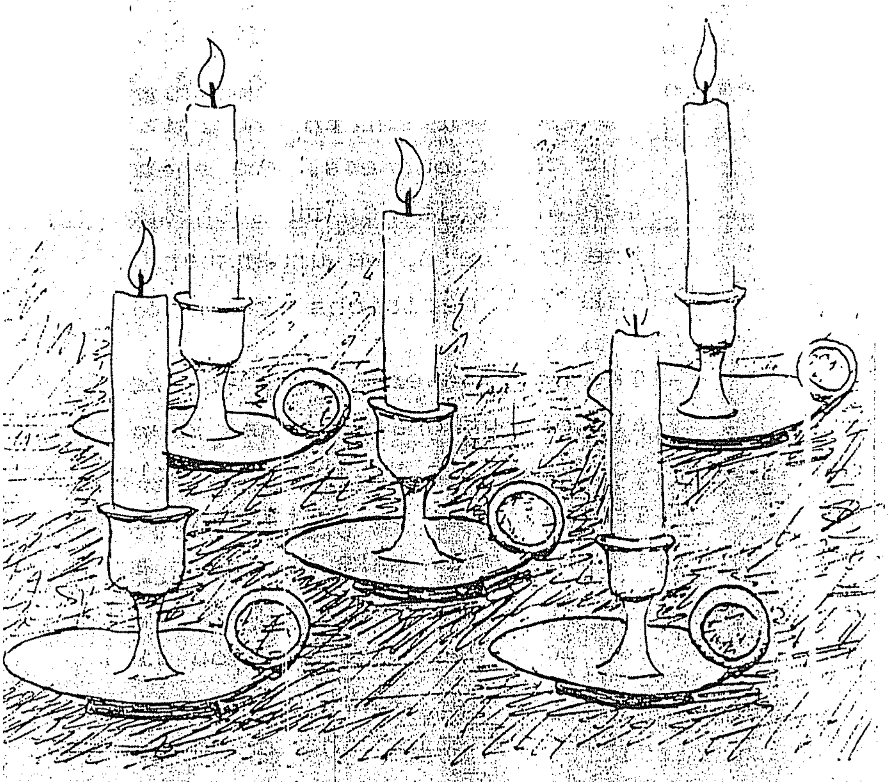
7. Crown chakra: color is violet.
functions: vibrates the upper brain.
minerals: amethyst, diamond, quartz, crystal, serenite
lessons: unification of the higher self with the human
personality, inspiration, divine unity
problems: lack of inspiration, confusion, depression
Use the + point of the healing stick to open this chakra.

The name chakra means wheel. The chakra's look like spi
wheels and give energy in there own way. The seven chakr
correspond to specific aspects of our consiousness. The
purpose in working with and understanding the chakra's i
to create integration and wholeness inside ourselves.
It is important to understand that chakra's are doorways
our consciousness. The energy, created from our emotions
mental attitudes runs through the chakra's. If we unders
the chakra's, we understand ourselves, what enables us t
make our decisions from a place of awareness. Know thyse

The most powerful way to open activate, energies and bal
all of our chakra's and keep our body and mind in a heal
condition is to love ourselves and others unconditional.
The best way to do this is to tell ourselves daily that
is possible. Make it to an affirmation. Together with th
meditation for purification it works strong. Tell yourse
you love everyone and you will not harm anybody. Feel th
love in your heart as strong as you can. If you want to
become a healer than remember that LOVE is the source of
healing.

Other ways to open the chakra's are to live in complete
integrity and complete honesty. Eat more fresh fruit and
vegetables. Put a clear quartz crystal in your drinking
It will improve your personal consciousness. Selfless se
is a natural way to open the chakra's. Utilize the power
prayers, affirmation, visualisation and meditation.
Fasting for short periods is good for regenerating the b
and for spirituality. A good exercise is to stay in the
Stay in complete consciousness . Watch the thinker. Free
yourself from the endlessly thinking mind; stay there in
complete silence, complete awareness and consciousness.
This is also the quickest way to enlightenment. Become a
of your breathing and try to feel your body inside. Thes
very good exercises.

MEDITATIONS FOR HEALING



Healing is not just using a healing stick. You have to develop your 5 elements fire energy . A good meditation for this is to look for 5 till 10 minutes to 5 burning candles. Then close your eyes and see the lights inside. Slowly this lights will come together till there is one light. Look 5 minutes inside to this light. This light will give you more energy and more memory power. The best you can do this in the morning. If you give a treatment on the day, then remember the light and focus on it. You will feel the energy again.

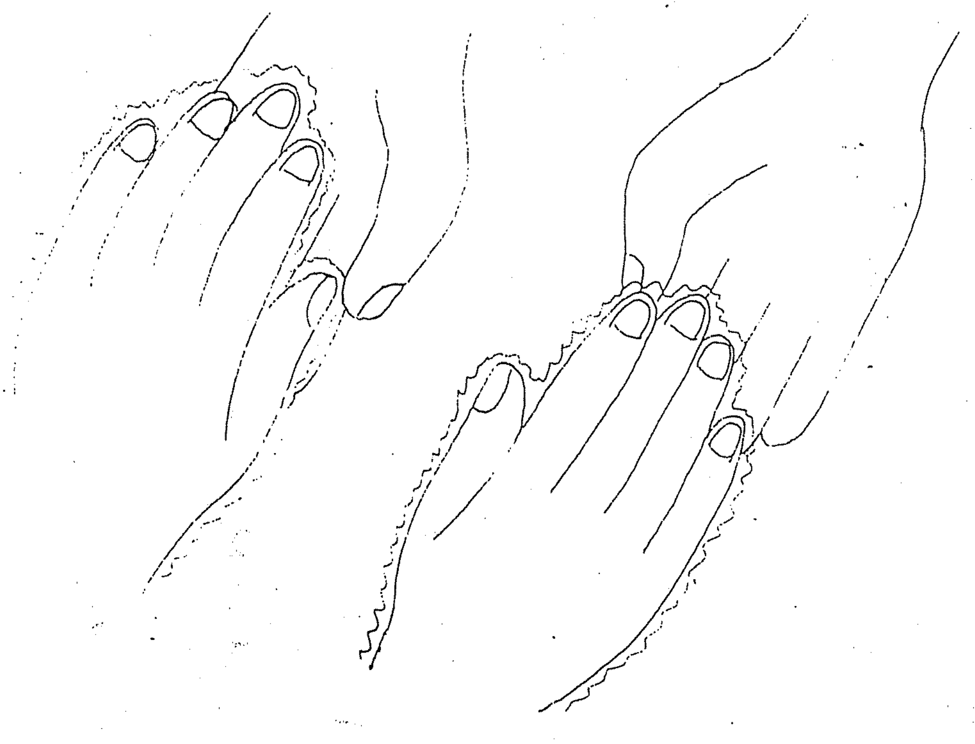
- Another good meditation in the morning is the Sunlight Energy Mantra or prayer.Give a long and deep OM. Make the sound as dee as you can and let it come from your stomic. Pray for power. Tell yourself to do good things today and to feel love for everybody. Tell yourself you will make everybody happy today and you will not harm somebody.

Moonlight meditation.

You can do this meditation in the night after 22.00 hours when there is enough moonlight. Use a tray of water. Look to the reflection of the moon in the water. After some time close your eyes and see the moonlight inside. Then look for 5 minutes inside. The whole meditation will take about 10 minutes.

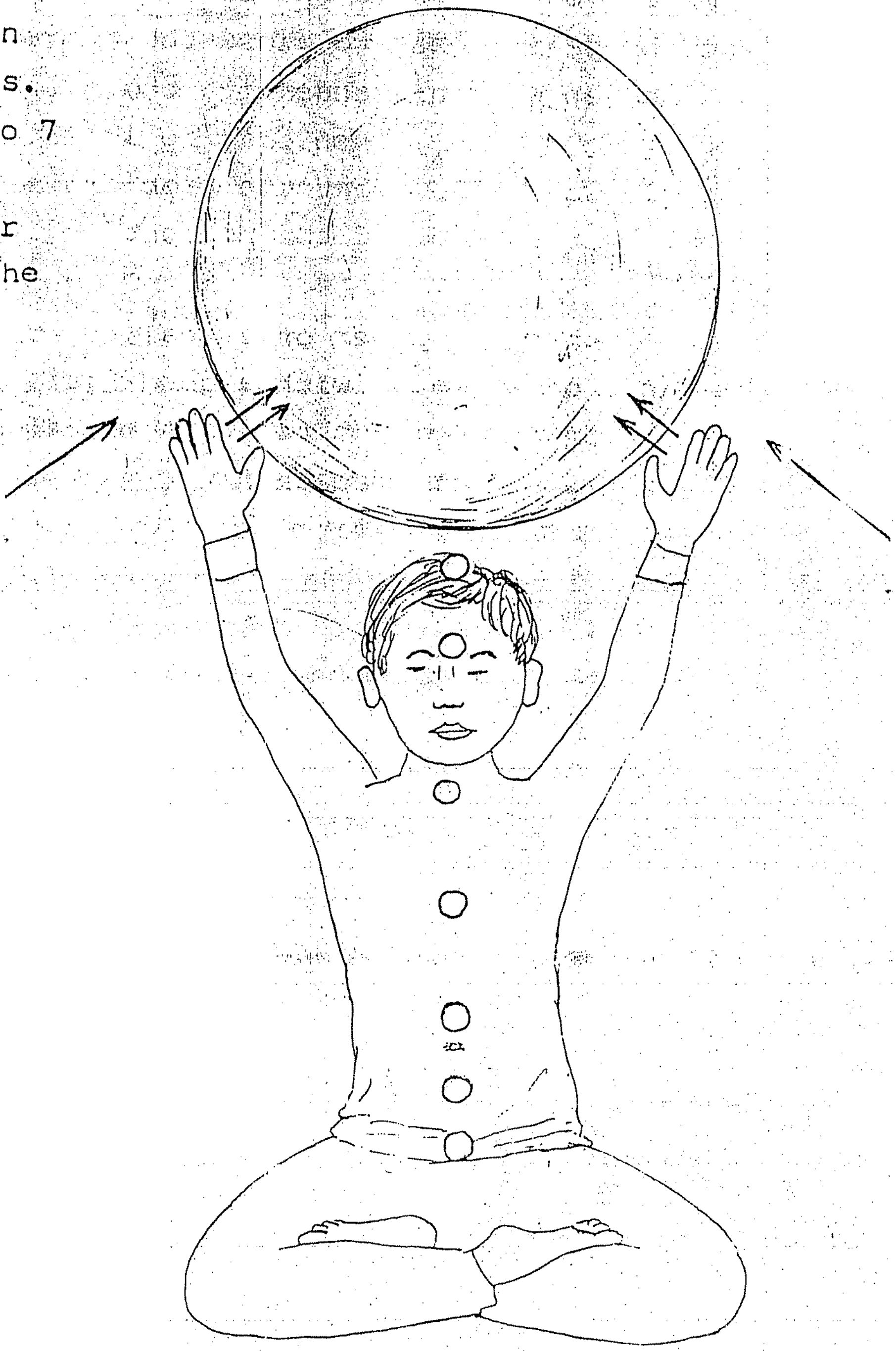
Now we have a patient and we want to give the energy of our meditations. Remember the light of the meditation with the 5 candles and feel the fire energy again. Close your fingers and put your hands above the hands of the patient, with the palms of your hands at the bottom (giving energy). Also the patient has to close the fingers of his hands and put them under your hands with the palms of his hands above (receiving energy). Then pray to let the problem go into yourself so you know what the problem is. Then send your energy to the hands of the patient.

- Remember that the power of a healing stick works the best in the hands of a healer with a good healing energy inside. Every 2 months you have to put the healing stick in the moonlight for more than an hour. You can make a combination with the moonlight meditation.



THE CRYSTALLINE BALL

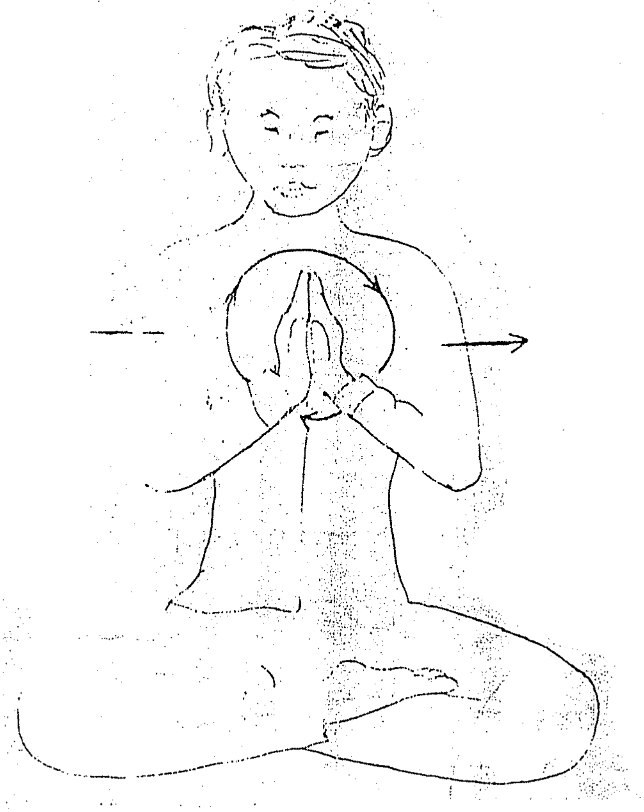
The crystalline ball is a good meditation for the healer. It opens the seventh chakra and gives good concentration. You also will feel better what is essential for a healer. Sit down in your meditation room and concentrate for three minutes. Put your hands above your head and collect some energy by waving with your hands and arms. Now transform this energy and imagine a big crystalline ball between your hands above your head. Push the energy together and make the ball smaller and smaller. Bring the ball down and make it a nice small ball. Make it beautiful round. Now push the ball in one of your chakra's. You can go from 1 to 7 or from 7 to 1. You will feel better soon and it opens the seventh chakra bit by bit. Feel the energy inside when you put a ball inside a chakra. Keep concentrating on that feeling.

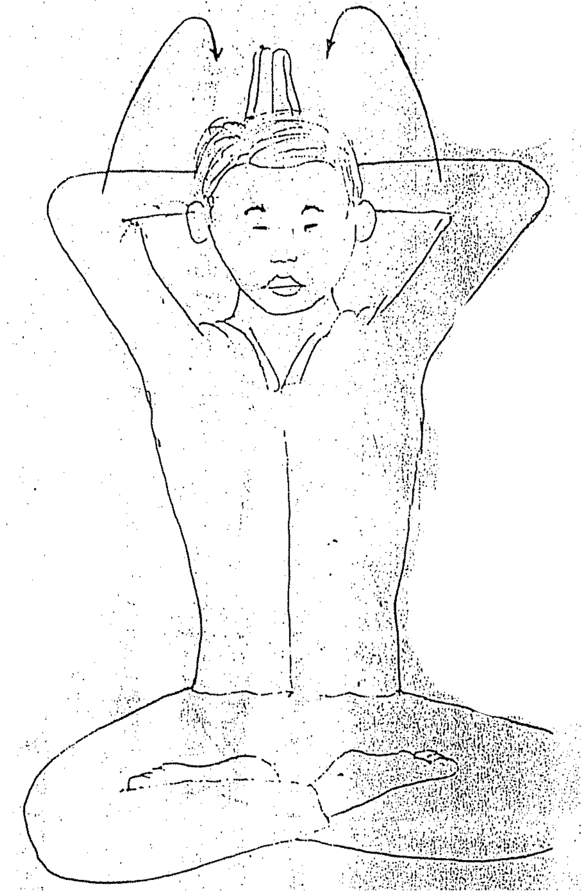


MEDITATION FOR PURIFICATION

Sit down for meditation and put your hands together. Breath deeply in and make a circle with your hands while breathing out. Do this three times. This is for starting the meditation. In the picture this goes clockwise, but for your own idea it is clockcounterwise.

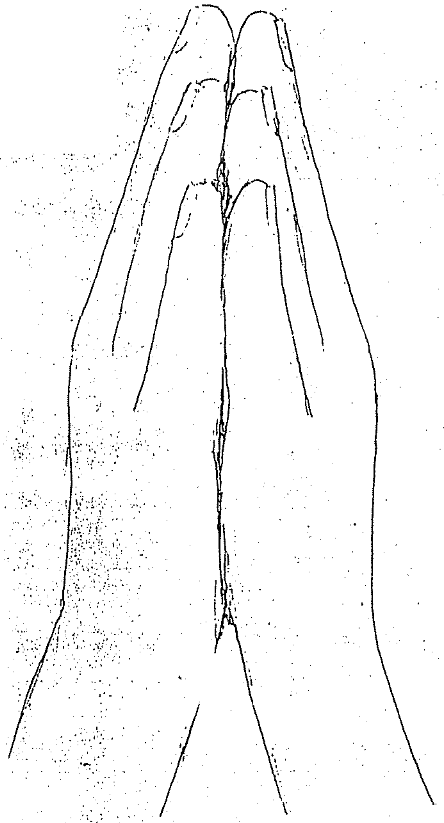
Now breath in and go to the right. Breath out and come back to the centre. Do the same to the left. This is for purifying the heart. Now breath in deeply and go upwards with your hands. This is for your bad habits. Then put your hands backwards behind your head. Now come back to the centre and breath out. Put your hands right, left and upwards behind your head for about 10 minutes.

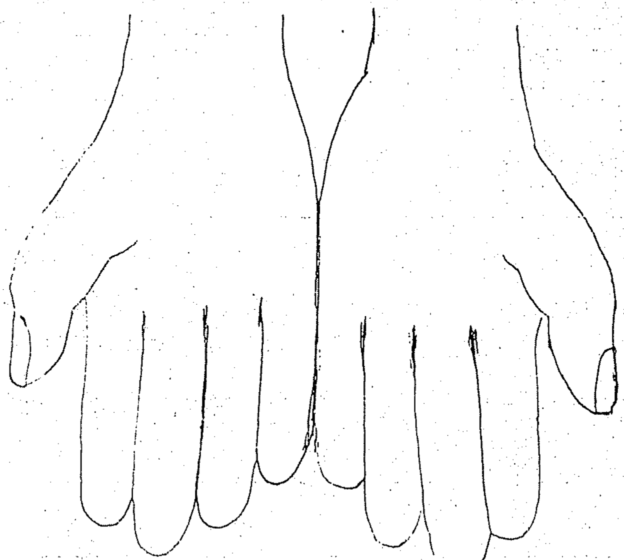




MEDITATION FOR SUN ENERGY

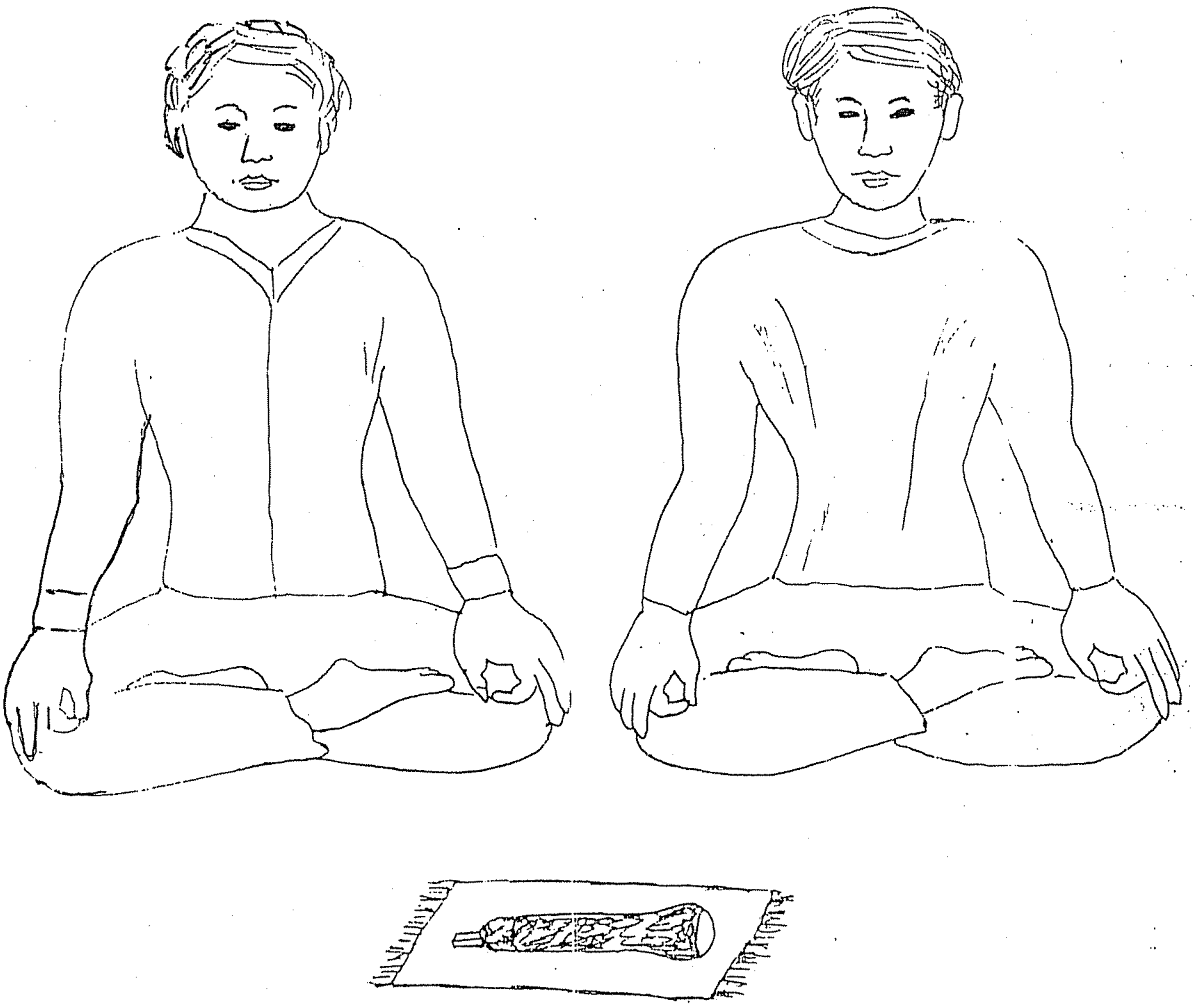
Bring your hands together and waite in silence for a minute. Then bring your thumbs to your forehead. After this open your hands and close your eyes for a moment. Concentrate for one minute on the energy of the sun. All the energy you receive you will give to the other people. Concentrate on the fact that you are able to give this sun energy to others.





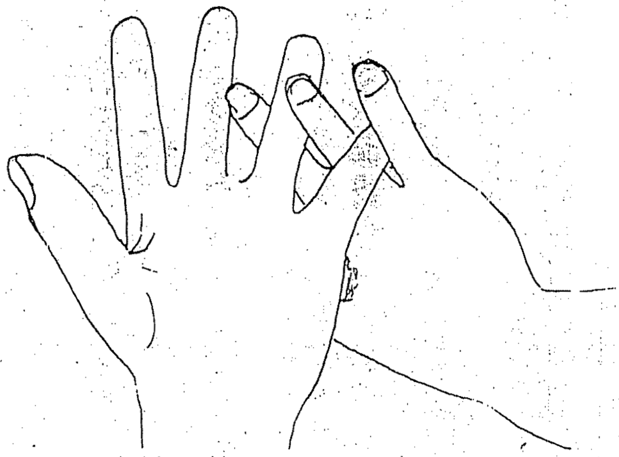
CLEANING YOUR OWN AURA

THIS is a good practice which you can do once a week.
You can do this alone, but it is more powerful if you do this with a group of people. For example if you give a course to a group of people. Put the healing stick in the middle of the group. If you are alone you can put the healing stick in front of you with the + point directed to yourself.
NOW Start singing AUM for 10 minutes. Do this very slowly. but the sound comes from deep inside your stomach. Keep your eyes closed and sing as long as possible AUMMMMMMM.
This practice will clean the aura. It will give you a feeling of peace inside.

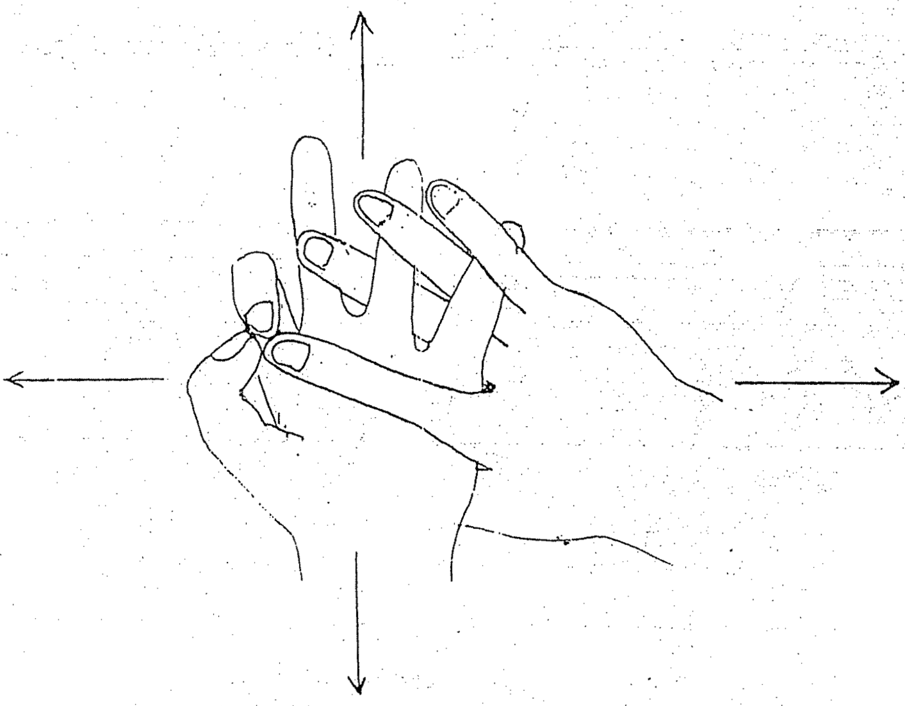


PRACTICE AGAINST TIREDNESS

Put your little finger, the ring finger and the middle finger of your right hand between the same three fingers of your left hand, according to picture 1. Then pull the forefinger of your right hand above your left hand and press it together with the thumb and the forefinger of the left hand. (picture 2) Now breathe deeply in and move your hands together to the left. Then breathe deeply out and go back to the middle. Do the same for the right side, for above and then downwards. The best you can do this in the morning before taking a shower. This is a very good practice against tireness and to keep your mind clean and aware.



picture 1



picture 2

SOME TIPS ABOUT FOOD

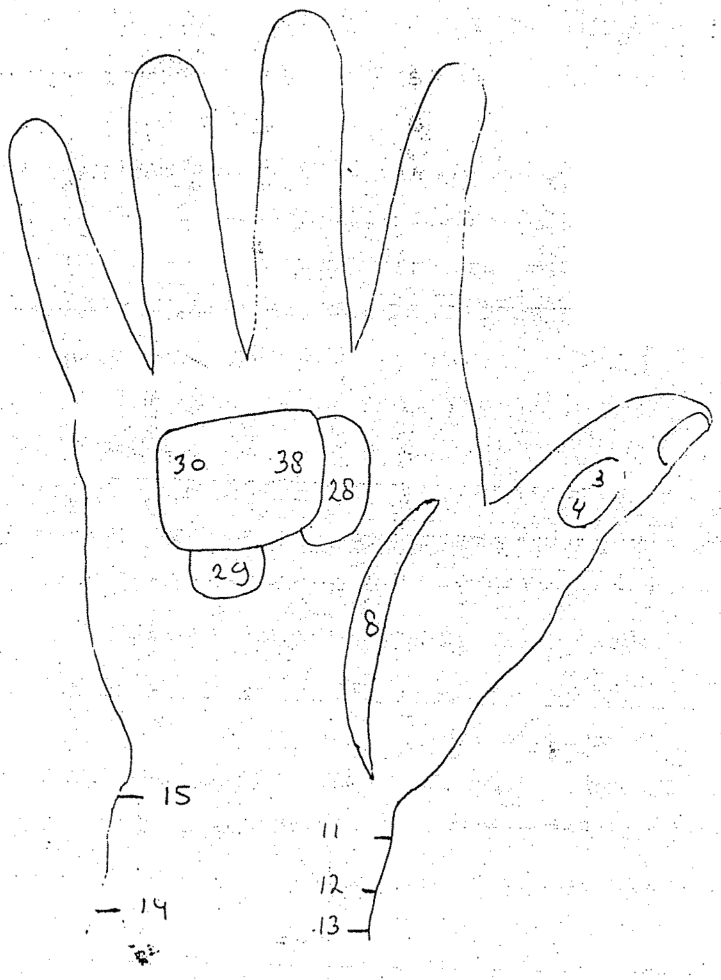
- The yellow part of an egg is hot for the body. You better eat his only with cold wetter. Don't eat to much of it.
- Black pepper is very hot for the body and can be unhealthy.
- Chili is spicy but better for the body, it is not so hot.
- Tomato is cold for the body, it cleans the body and it is health
- Cane-sugar is healthy if you use the sap of the plant.
- beans; Don't eat to much of it. It can give diarrhoea.
- Petato can make windy.
- Cauliflower with a bit salt is good.
- Parsnip (white carrot) and red carrot is good for the eyes. Also you can use it after drinking alcohol the next morning.
- Tread is good.
- Chease and milk; Don't eat and drink this to much. It makes fat.
- Yogart and porridge are good.
- Maize (boiled) is good for the bones.
- Apple is good for the energy.
- Papaya; pregnant woman should not eat this.
- Banana makes a little bit fat.
- Orange and orange-juice is very good for the skin. It takes the oil out of the body.
- Pineapple cleans the body by cough and a cold.
- Lemon is very good for the body. If you drink 3 glasses a day of Lemon water you will not get ill.
- Grapefruit is good. It makes thin. It is good against fatness. Don't give it to children younger than 7 years old.
- Grapes are good for health but clean them very well.
- Strawberry is good for cleaning inside. Don't eat to much.
- Melon is good for the health. You will get thin of it.
- Mango is good against depression. It is good to concentrate the mind.
- Don't eat to much meat. Chicken and fish is better for health. The best is a vegetarian lifestyle.

GENERAL TREATMENT POINTS AT THE HANDS

ne hands have several treatment points. You can use them when ne problems are not to serious. Also you can add one of this reatments to another treatment.

e the + point of the healingstick. Press for 10 seconds on e chosen point. Do it 3 times. You can end this treatment th pressing 3 times for 10 seconds on number 4.

= treatment against grey hair
= use always this point at the end after pressing another poir..
= treatment for bladder problems
= treatment against sexual problems for men
= treatment against headache at one side of the head
= treatment against sexual problems for woman
= treatment for good health of the blood
= treatment against trembling and shaking
= treatment against constipation
= treatment for cold and chilly persons, for better blood rushes
= treatment for the lungs
= treatmeat to prevent cold and influenza



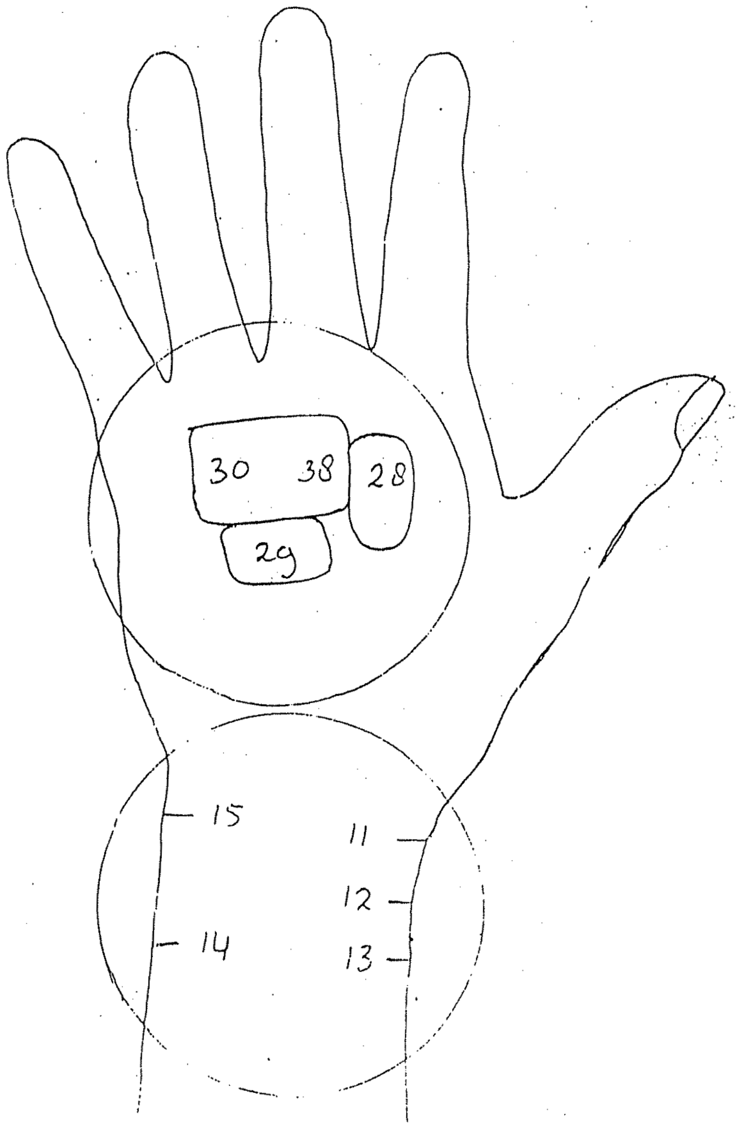
... of giving a + point with the healing stick to one ... we can also give + points to a whole group of points. ... the meaning of the points changes. We separate the numbers ... o groups. If we take the + point of the healing stick and ... ve a pressure for about 5 seconds on each of the points ... e group, we can use this points for problems with pregnancy ... exuality (group 1) or for heart and energy problems ... p 2).

..up 1: press on the points 11,12,13,14 and 15.

.. = for bladder problems
.2 = for constipation or sexual problems for men
13 = problems to get pregnant, fruitfulness
14 = problems when a woman is pregnant
15 = for pregnant women to get a good child.

..roup 2: press on the points 28,29, 30 and 38.

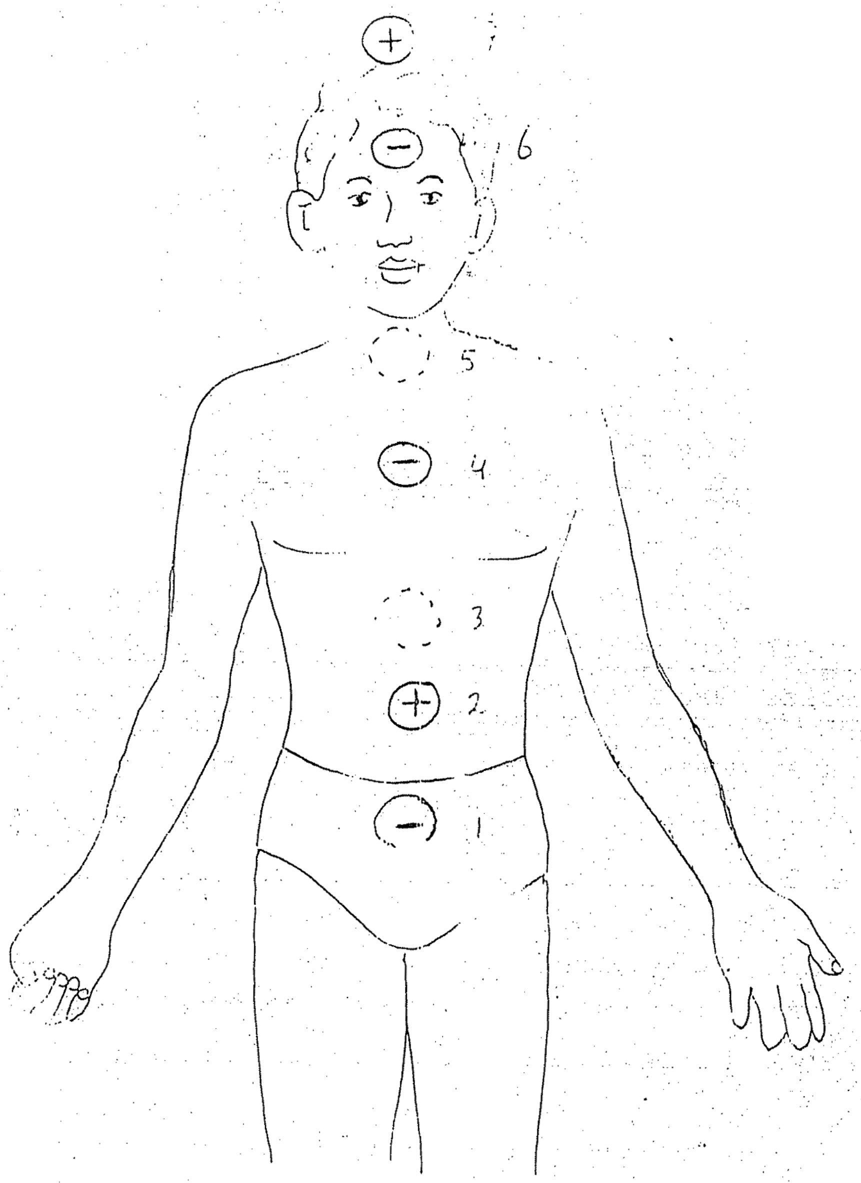
28 = against fatness
29 = energy point
30 = for the heart
38 = for the thymes



ENING OF THE CHAKRA'S

know whether the chakra's are open or closed, keep your
nd 2 centimetres above each chakra for some seconds.
en it feels warm the chakra is open.

en some chakra's are closed, we can open them by using
e + and the - point of the healingstick, according to
e picture. Press for 10 seconds each point.
don't give any pressure to point 3 and 5.

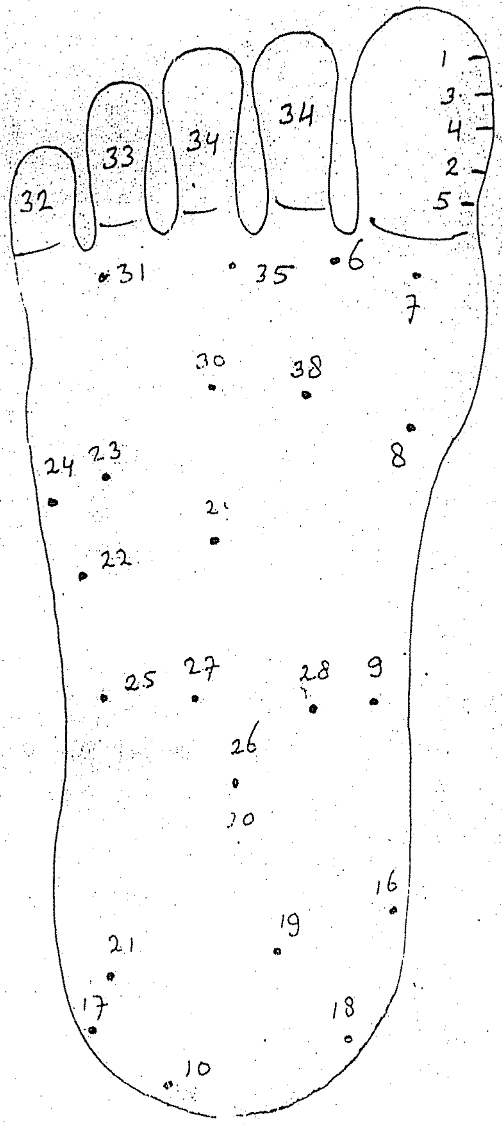


[illegible]ERGY /DULLNESS

Let the patient lay down with the eyes closed.

Use the + point for the feet, according to the points in the picture. Keep the right order from 1 to 38.

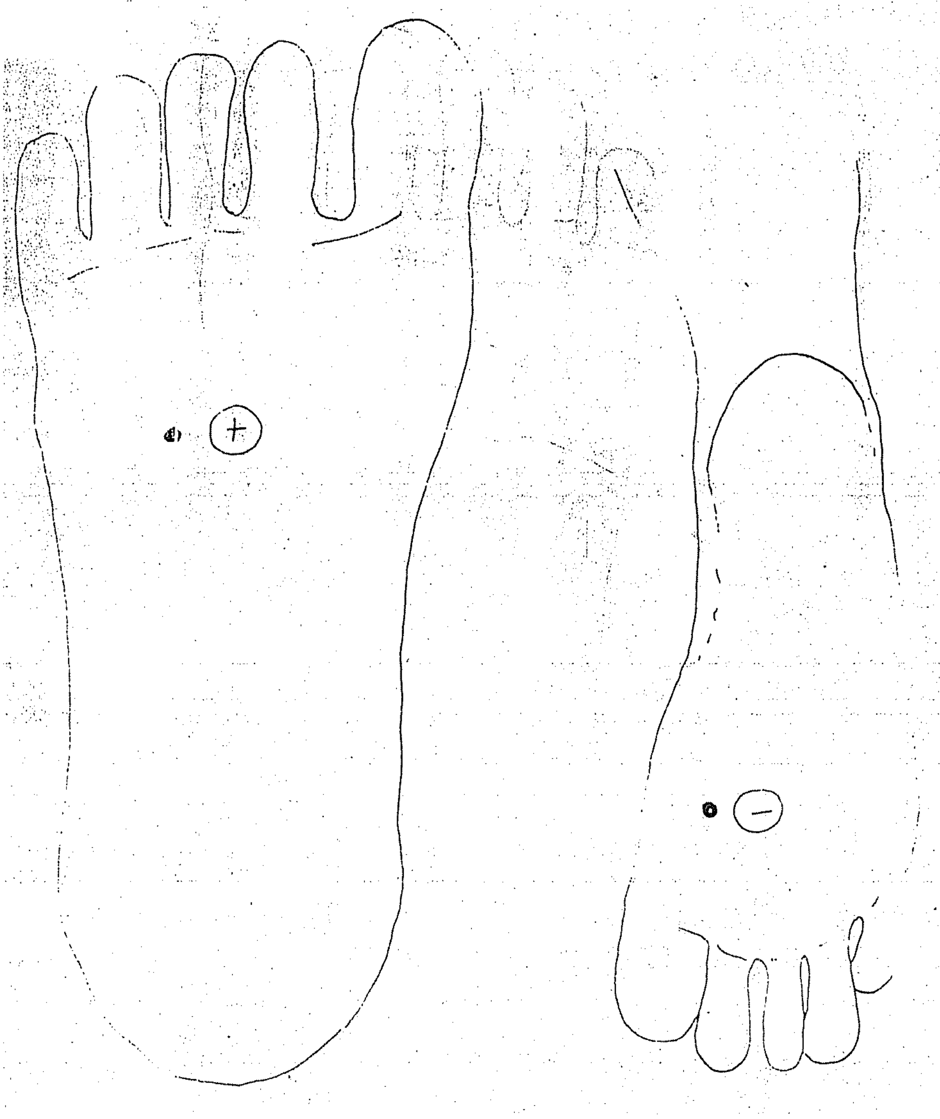
Press moderate for about 10 seconds each point.



TREATMENT FOR GOOD CONCENTRATION

Use the + point of the healingstick.
Press 3 times for 10 seconds on the point, shown in the picture, while turning the stick. Do this for both of the feet.

Then put the - point of the healingstick in hot water.
Press for one time for 10 seconds with the warm - point on the point shown in the second picture. Do this for both of the feet.



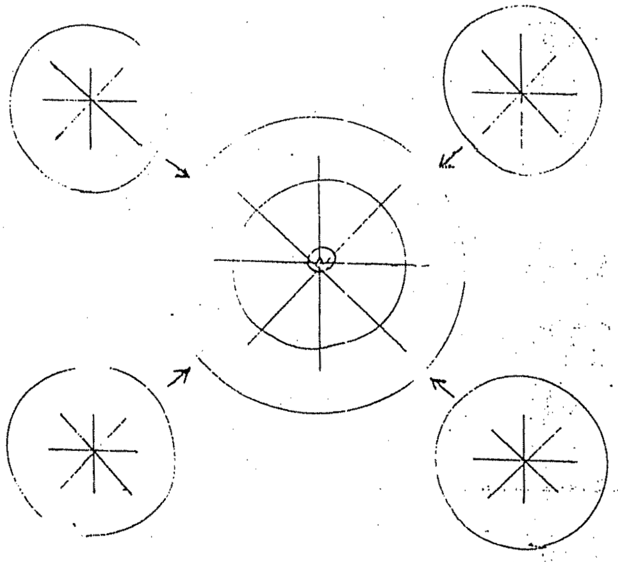
DEPRESSION/STRESS

For the treatment of a depression, stress and other problems with the mind, we make a difference between a patient who can help him or herself with exercises, and a patient who is in a so overwhelming state of depression that there is no concentration or belief to do the practices of number 1. Then we give treatment number 2.

Treatment number 1

- The cause of depression and stress can be the consumption of meat. So eat less food (meat) and drink more water.

- meditate daily 5 to 10 minutes on the 5 elements. Start with looking to the mandala with 5 circles. Imagine them inside. Contract the image of the 5 circles to the middle, till you have one circle and finally one point.



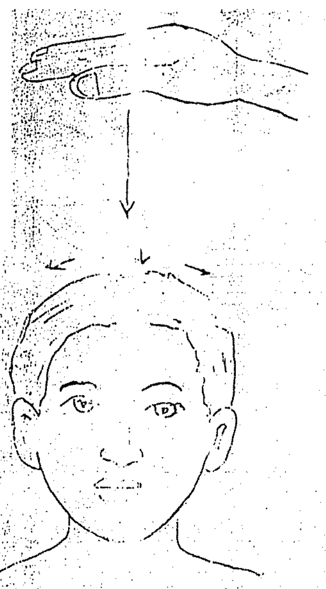
- Listen to nice music. Give yourself 15 minutes of freedom in your mind. Think of what you want to do and imagine yourself doing it.

- On the back of the head we have two points. Put your thumb on the right point and the + point of the healingstick on the left point. Press both points for 10 seconds. Than exchange the place of the thumb and the healingstick and press again for 10 seconds.

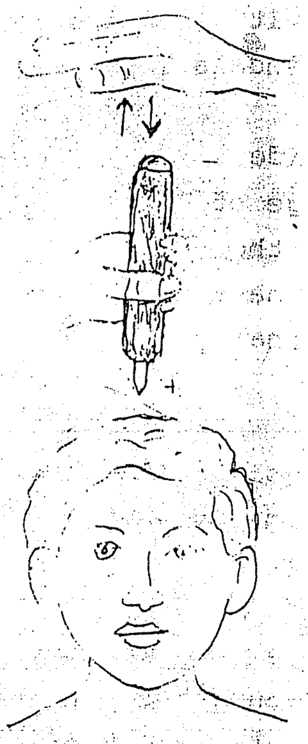
Also the next treatment will be very usefull. Keep your right hand with your fingers closed above the head of the patient. Than slowly go down with your hand. When you are just above the head, then wave the negative energie away.

Then hold the healingstick with your left hand above the head of the patient, but don't touch the head. Give good new energie with the palm of your right hand (fingers closed). Keep your hand above the healingstick and push the energie to the - point of the stick.

After this go with the + point from the head to the toes without touching the body. Do this 7 tines.



take the negative energie away

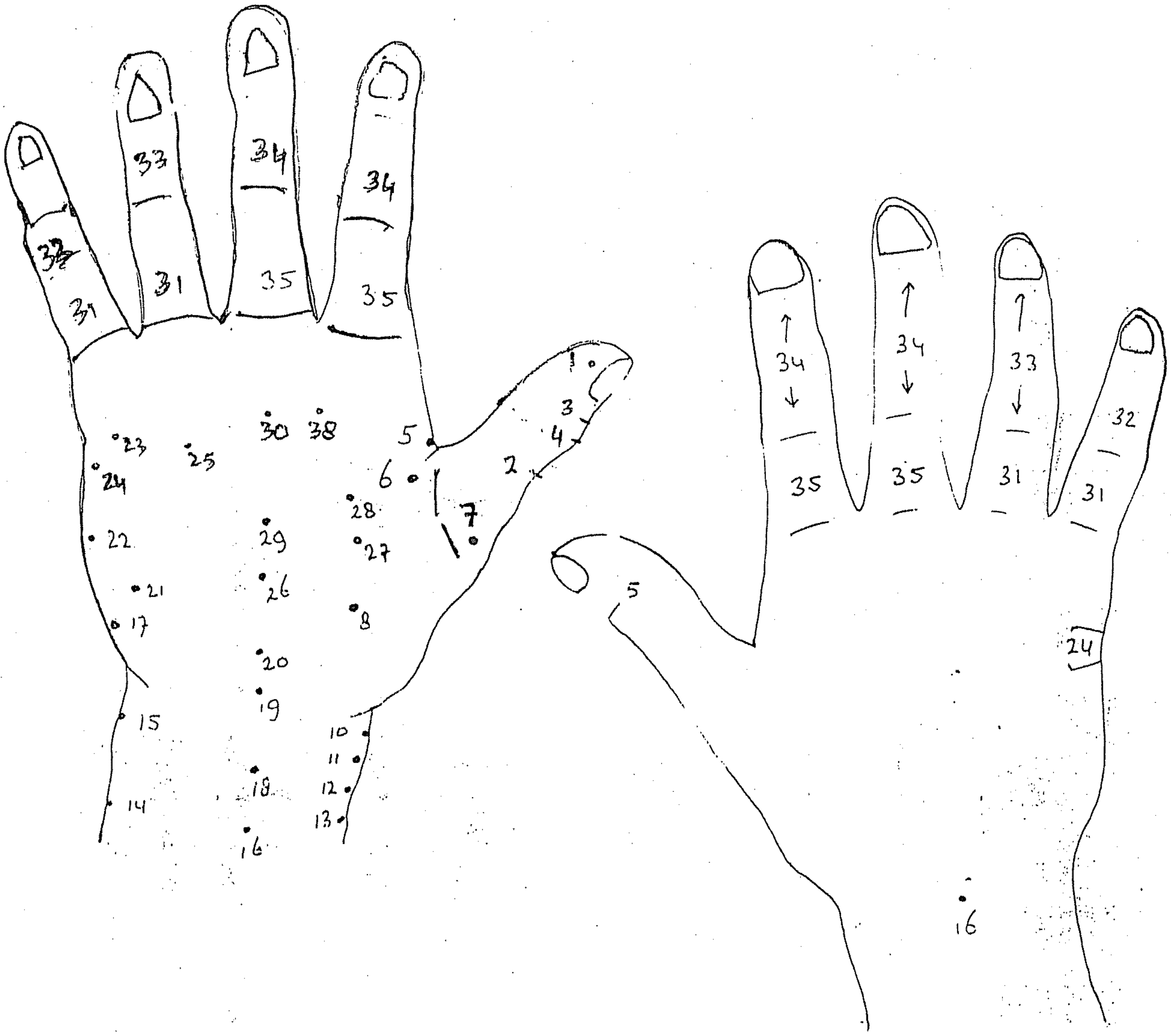


give good new energie

MENTAL ILLNESS AND MORE SERIOUS DEPRESSIONS

- This treatment is for more serious mental illness (treatment 2). Let the patient lay down with the eyes closed. Take the + point of the healingstick. Follow all the numbers on the inside of the hands in order from 1 to 38. press 10 seconds for each point.

Then take the - point of the healingstick for the back of the hands. press each point for 10 seconds and turn the stick clockwise in order from point 5 to 35.



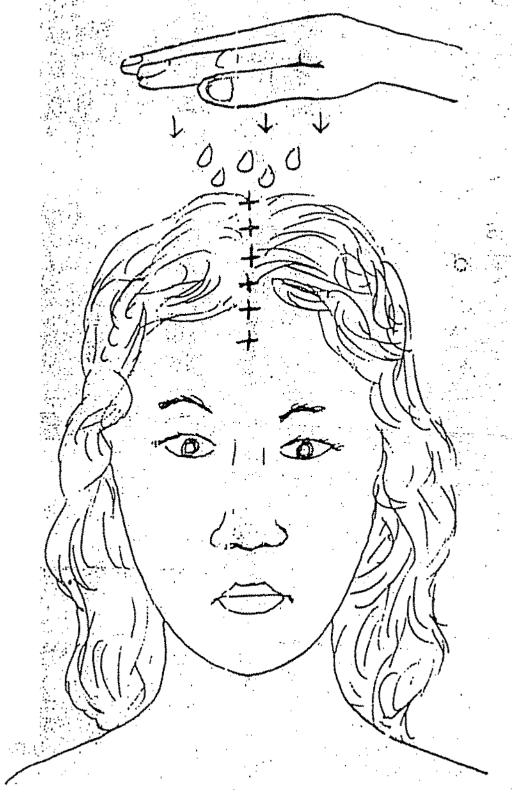
BURN OUT (ALSO AGAINST BLACK MAGIC)

The treatment for burn out and black magic is the same.

- For this treatment you have to make holy water. Put some water in a bowl and cover it with a white cloth. Leave it for two hours in the moonlight. The best is full moon and not to cloudy. Now distribute the water over two bowls. Put one of them in your puja for the one you are praying for and use the other for the patient.

- If the patient has a burn out all the energy is taken away. With this water we give the energy back. Take a little bit of the holy water of the moon and sprenkle it on the head of the patient. Pat it a little bit on the head. Now take the + point of the healing stick and give + points from the forehead to the crown.

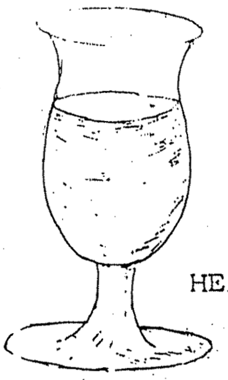
- Now you rub your hands together and keep them above the head of the patient. Give your energy to the patient.



ADDICTION TO SMOKING, DRUGS AND DRINKING

- For any addiction we try to change the taste of the patient. Put one lemon in a glass of water. Put the + point of the healingstick in the glass of water for 5 minutes. Now the lemon pulls all the power out of the 9 different stones of the healing stick, into the water. Let the patient drink the glass of lemon water. His taste will change very soon and the addiction will disappear.

ADDICTION TO DRINKING



HEALTHY

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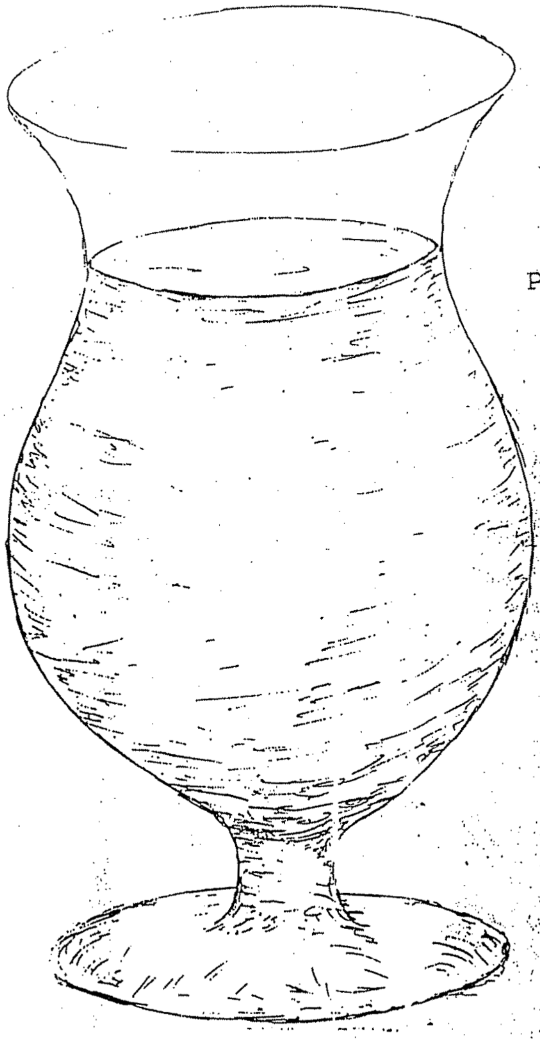

POISO

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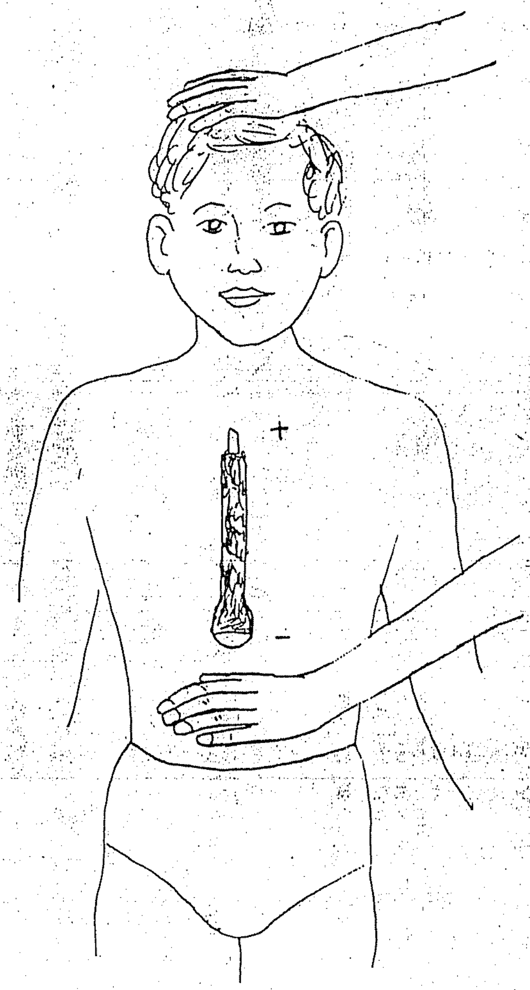
- A small glass of wine/beer a week can be very healthy. A normal glass of wine/beer a day or more is poison to the body, especially to the liver and the lungs and the sexuality.

  Take a copper cup and fill it in the evening with water. Put the healing stick with the + point in the water and leave it for the night. Next day give a spoon of this water to the patient. This will change his taste.

DISEASES CAUSED BY COMPUTER WORK

This disease are caused by to much computer work and a hurried life-style. After a long time this gives a lack of energy and even a burn-out. For the treatment the patient has to lay down with his eyes closed. Take the healing stick and put it on the heart of the patient with the + point to the head. Put one of your hands on the head of the patient and one hand on the stomach. The patient has to put off all kind of watches, rings , glasses and jewellery. Give the patient patient energy for three minutes. After this leave the healing stick for seven more minutes. Breath deeply in and out.

Some of this patients will also have eye-problems or headache. The best is to slow down their lives. To take some rest and if possible to meditate sometimes.



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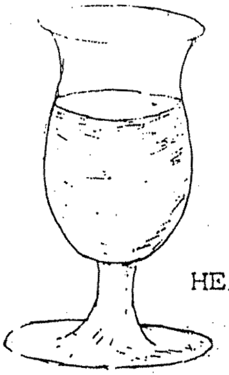

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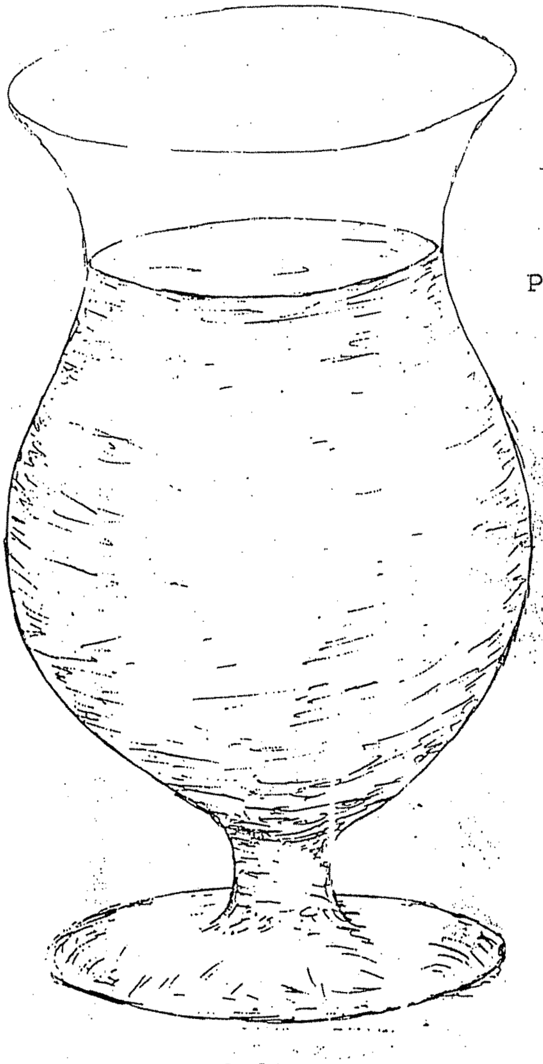

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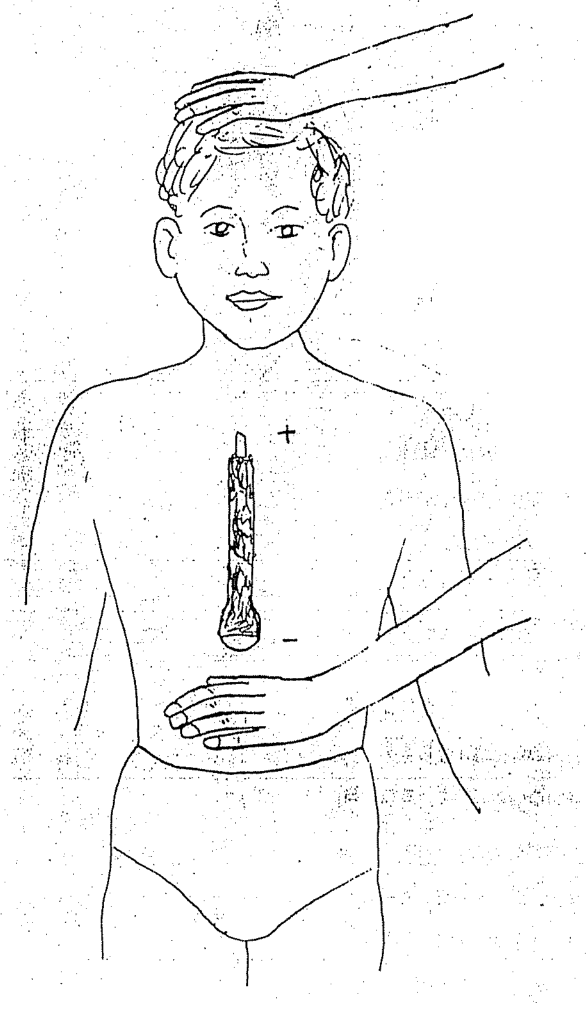
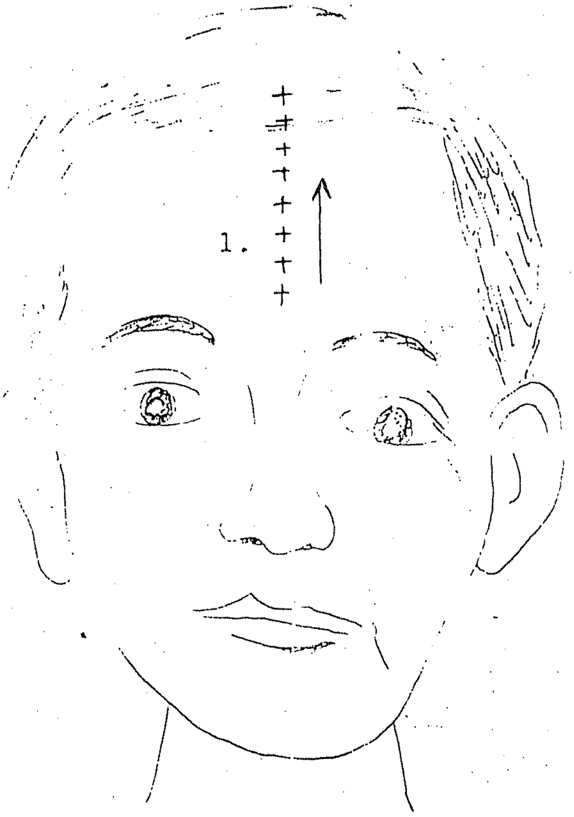


BRAIN ATTACK, CEREBRAL HEMORRHAGE

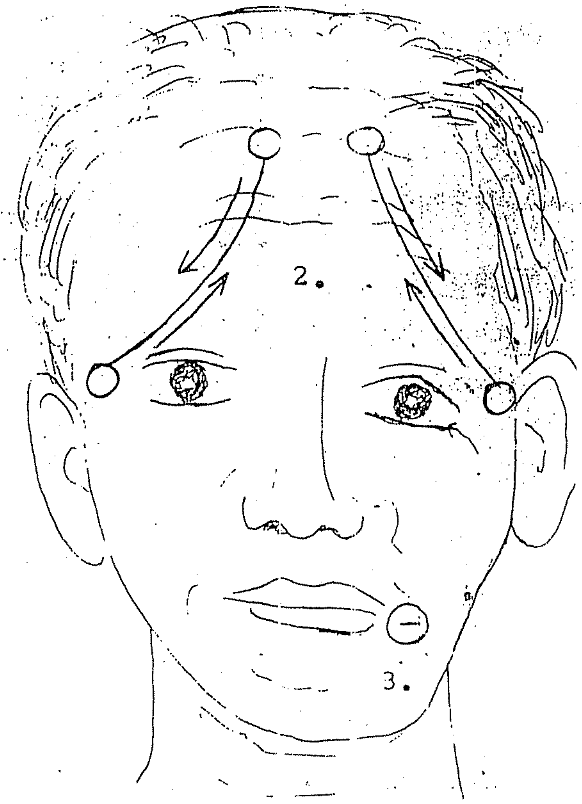
- Take the + point of the healing stick. Give 10 seconds pressures on the forehead and the head, according to the picture.



- Put both of your thumbs above the forehead of the patient. Then go downwards to the temples beside the eyes while pressing hard with your thumbs. Then go back to the points above the forehead.

- Take the - point of the healing stick and put it on the ill side of the head, beside the mouth. Turn the stick clockwise.

- Don't drink and smoke and don't eat meat.



EYE PROBLEMS, CATARACT AND GLAUCOMA

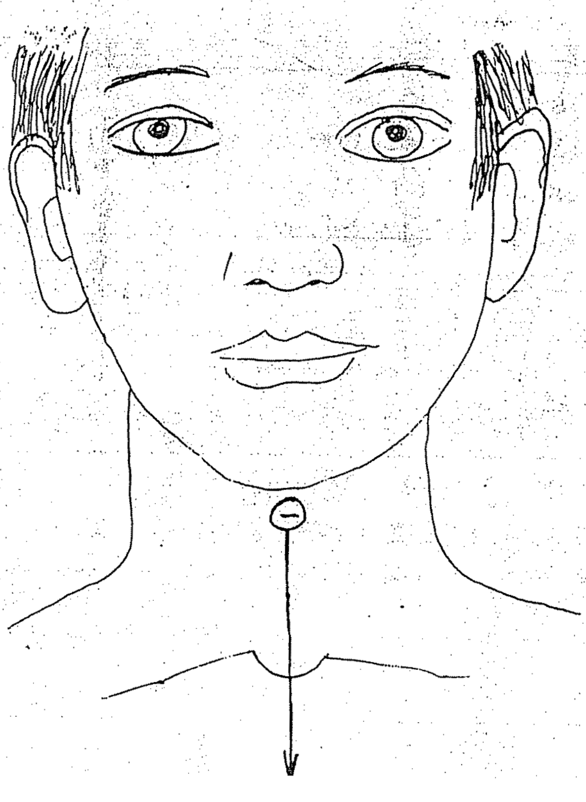
Give every evening water to your grass border or your lawn. In the morning before washing yourself, walk barefooted over the grass. In this way you use the natural energy. Walk for 10 or 15 minutes. Eat as much fresh, not boiled vegetables as possible. Especially carrot and parsnip (white carrot) is very good. This whole treatment is good for all people wearing glasses.

BOLDNESS

Ginger is very good against boldness. Cut the fresh ginger in slices and rub it on the bold places. Nowhere else because also there will grow hair. Also ginger thee is very good.

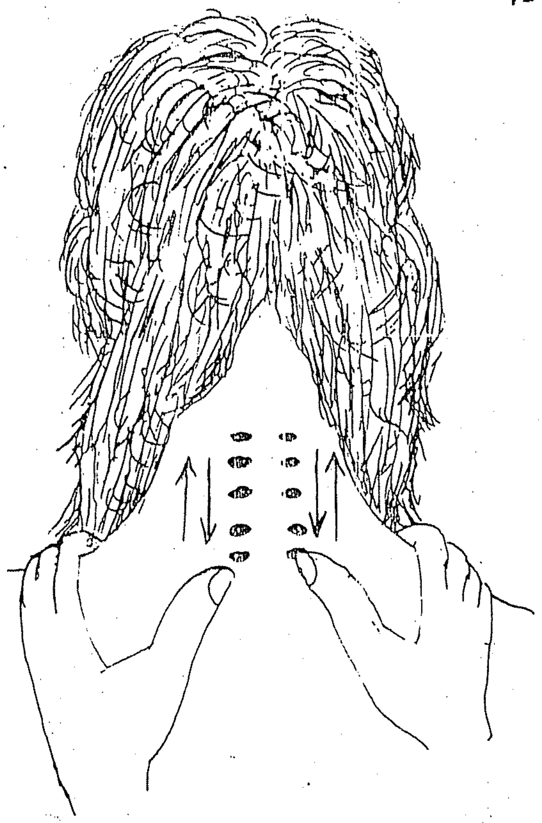
PAIN IN THE THROAT, COUGH

Don't drink any cold beverages. Take the - point of the healing stick. Start on the throat and go very slowly down.

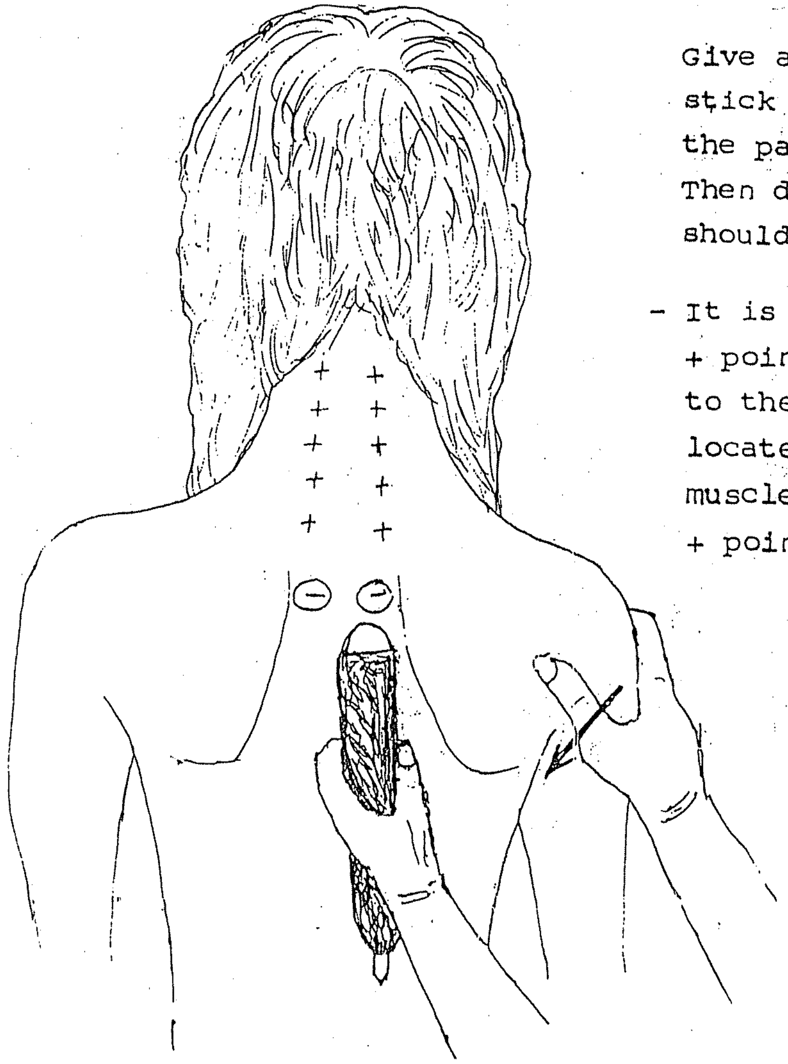


PAIN IN THE NECK, PAIN IN THE BACK

- Take the shoulders of the patient and put both of your thumbs in the neck. Go up with your thumbs and then go down as shown in the picture. Give a hard pressure on each point for a few seconds.



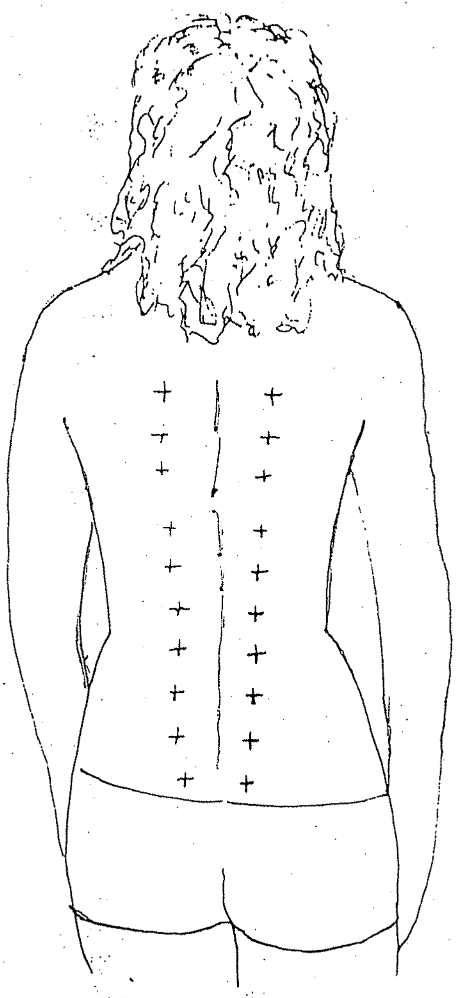
- Take the arm of the patient just under the shoulder with your right hand. Put the - point of the healing stick under the neck of the patient on the other side of the shoulder blade.



Give a big pressure with the stick and pull the arm of the patient backwards. Then do the same on the other shoulder.

- It is also possible to give + points in the neck according to the picture. If the pain is located in only one of the muscles than you can give + points on this muscle.

Take the + point of the healing stick. Give a big pressure for 10 seconds on each point as shown in the picture.



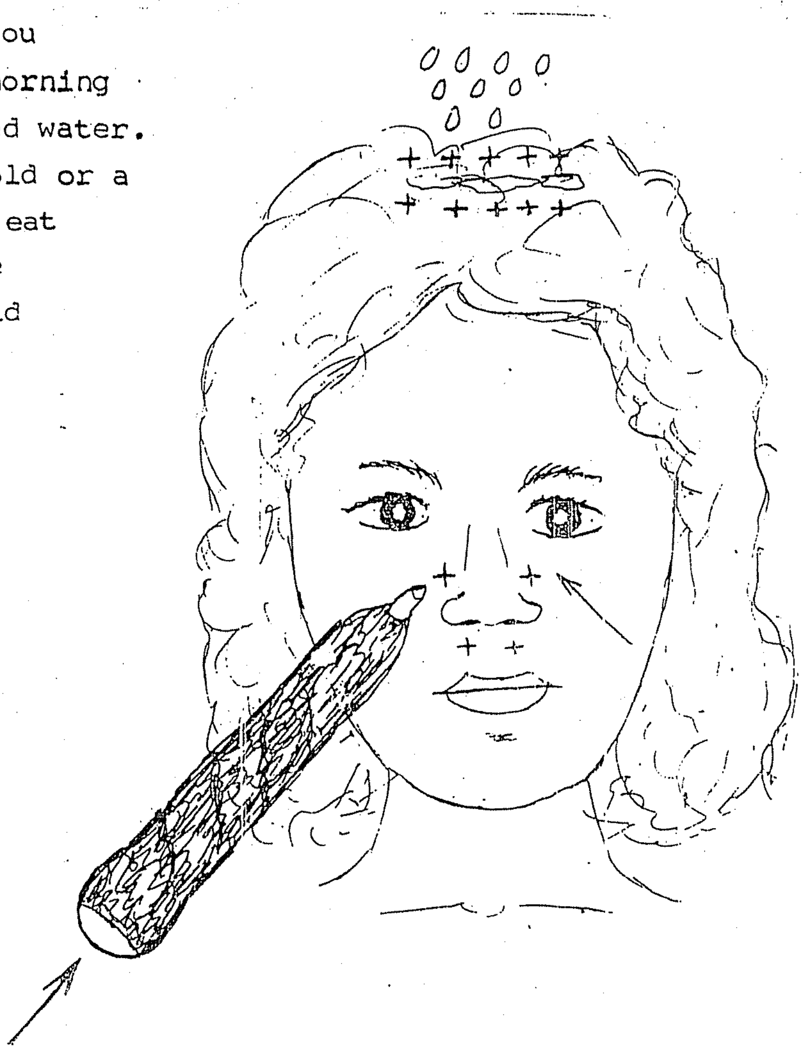
The treatment for pain in the neck and for pain in the back is the same. If a patient complains about the neck or the back then give all the three treatments together.

SLEEPLESSNESS

This is a treatment the patient can do for himself.
Take one garlic and take some parts of it. Eat a few of them in the morning and in the evening. Don't eat more than 5 pieces a day. The patient has to do this for 10 days and then he will sleap automatically.

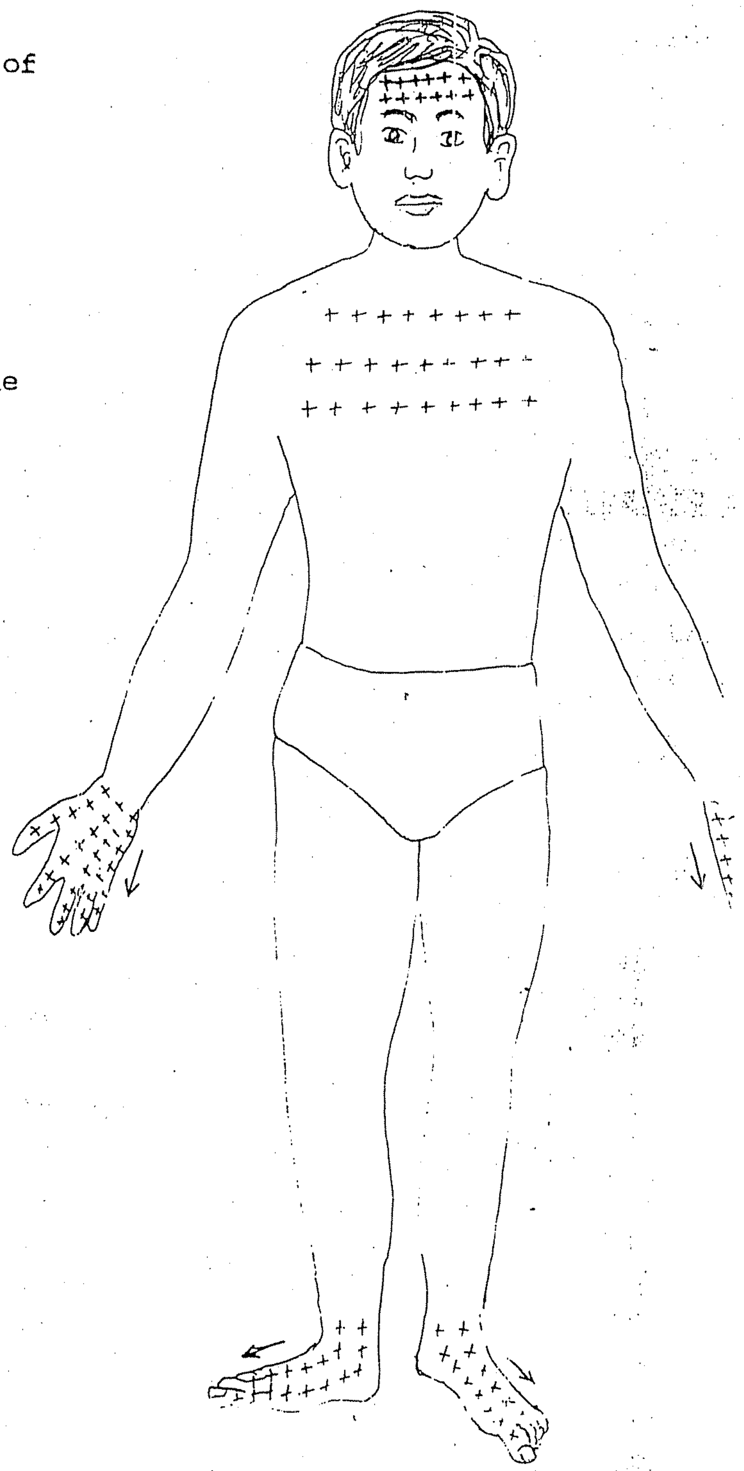
HAVING A COLD OR A FLU

- If you have a cold or influenza then you probably also have a headache and fever. You can give the following treatment.
- Take the + point of the healing stick and give two points under the gaps of the nose. Then give two points beside the nose but with the healing stick directed more upwards, according to the picture.
- Put some ginger in boiled water. Then put a bit of the hot ginger water above the forehead of the patient and pat a little bit with your hand on this place. Then take a bit of the warm ginger water and clean the outside of the nose. Then take the + point of the healing stick and give + points from about 5 seconds above the forehead, where you put the ginger water. This is also a good treatment against cough.
- To prevent flu you can drink each morning a glass of boiled water. If you have a cold or a flu, than don't eat cold things like ice-cream or cold water.

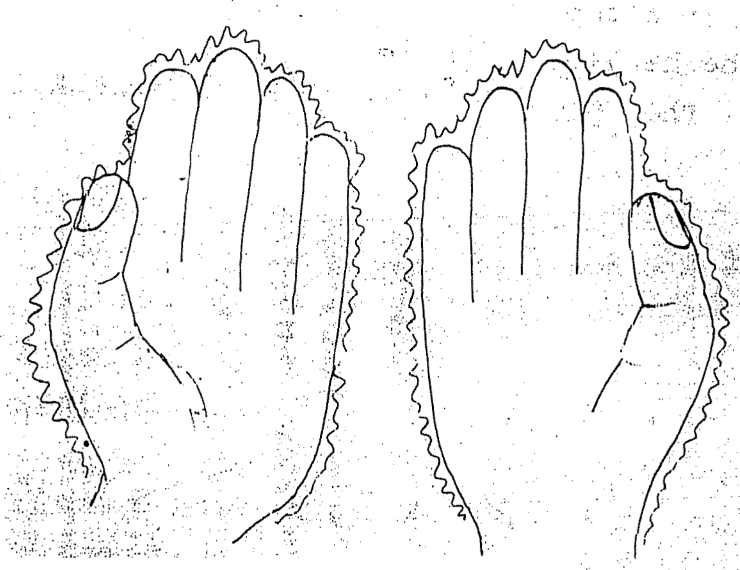


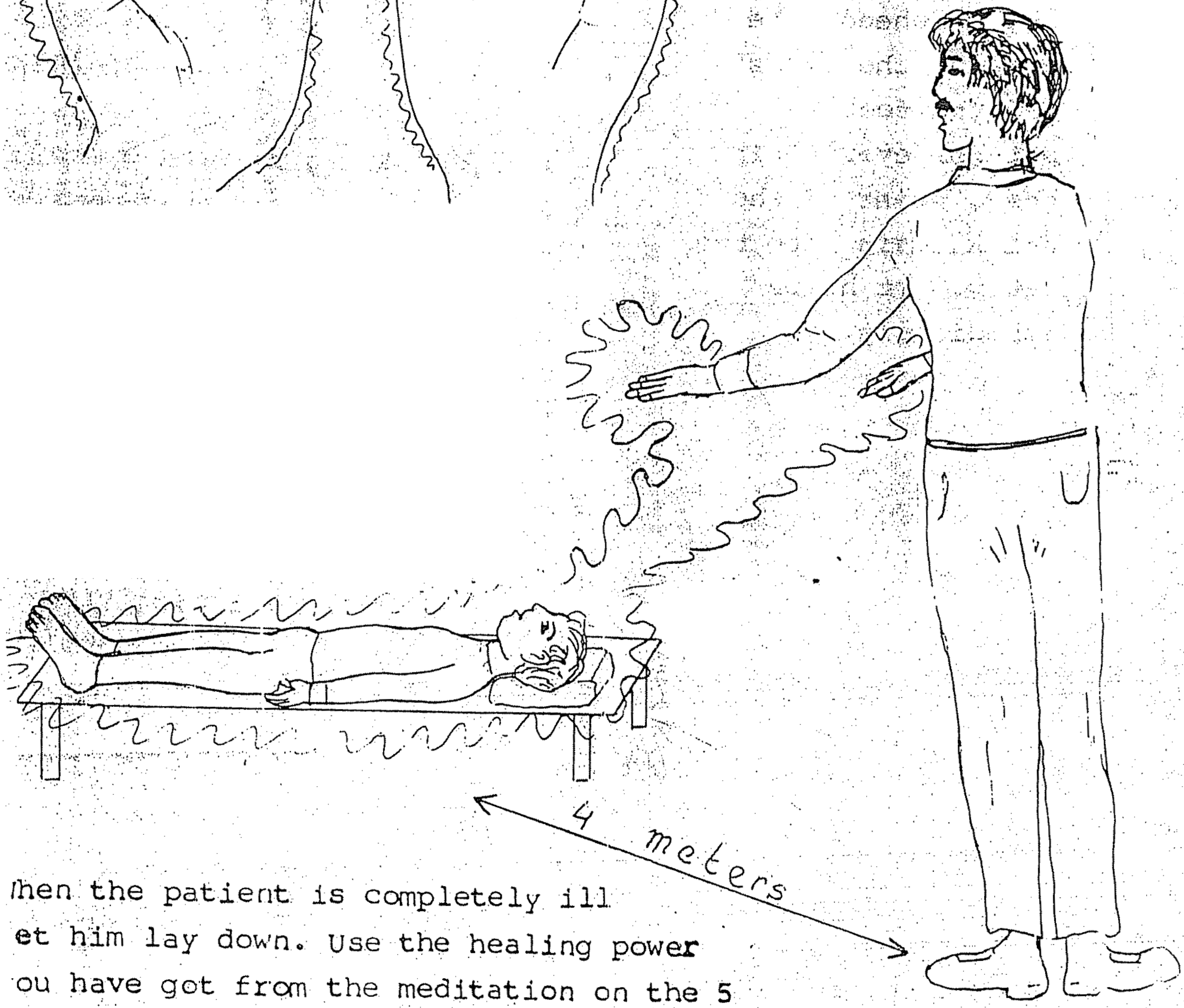
FEVER

Take some cold water in a cup. Put the + point of the healing stick into the water. Then give a small point on the forehead of the patient. Give lots of small + points on the forehead, the breast, the hands and the feet.
Put for every point the + point of the stick again into the water. It helps immediately.



TREATMENT WHEN THE WHOLE BODY IS ILL

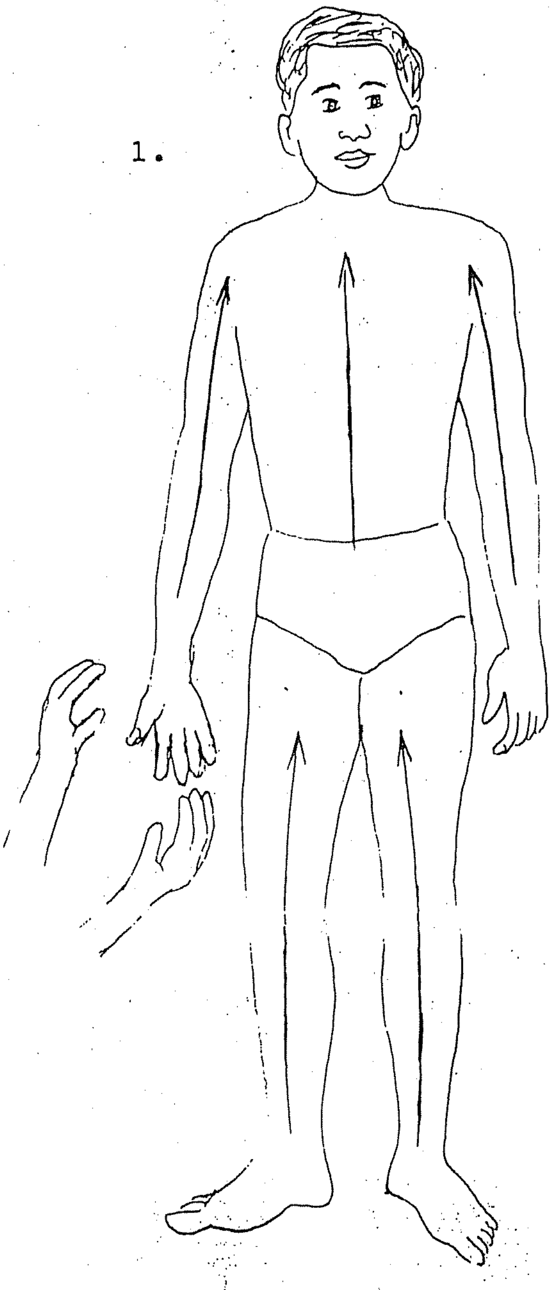




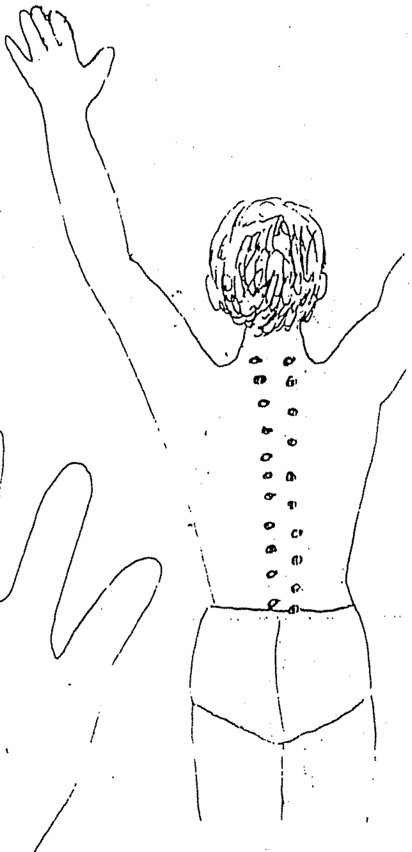
hen the patient is completely ill
et him lay down. Use the healing power
ou have got from the meditation on the 5
lements with the 5 candles. Keep 4 meters distance
rom the patient and close the fingers of your hands. Keep the
alms of your hands down to the ground. Then pray or ask for help
nd concentrate on the fire energy and send it to the patient.
ow the patient can sleep without feeling ill. A patient feels
ll because he is warm inside and cold outside. By giving fire
nergy he feels also warm outside. So the patient will feel better.

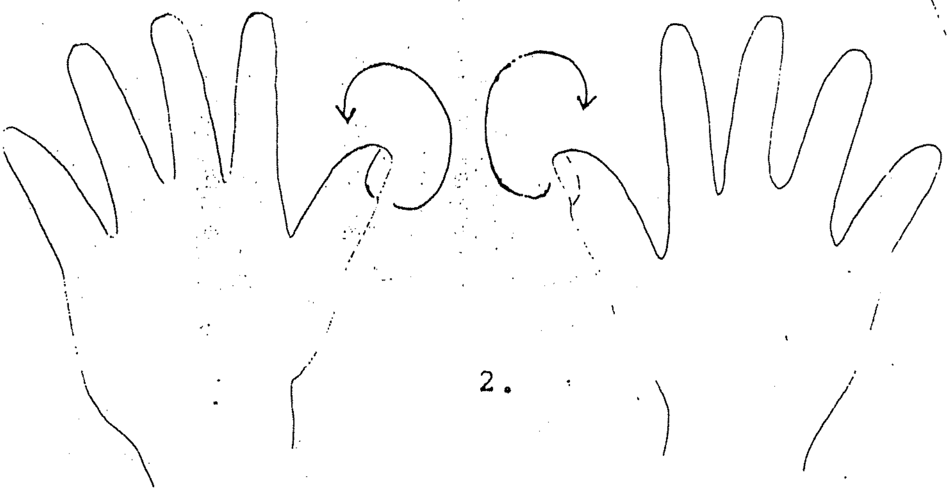
BODY MASSAGE FOR A GOOD HEALTH

1.



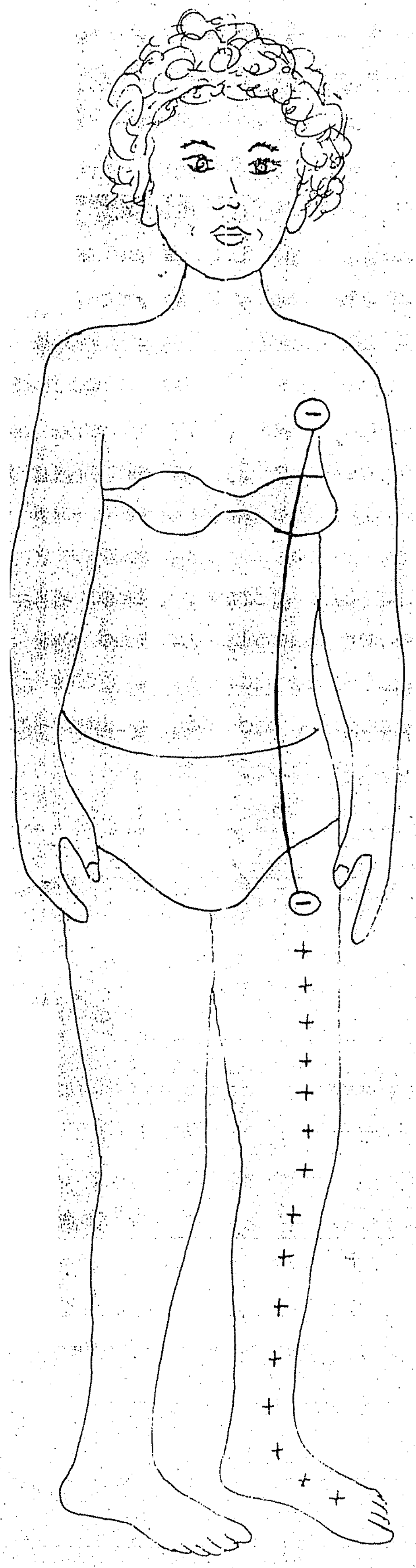
For a good health you can dc
massage monthly. :t will ope
body pores.
Put a little bit massage oil
hands and give with both har
massage to the hands of the
Then give a massage to the a
from the wrist to the shoulc
while turning around with yc
thumbs. Do the same with the
and the body according to pi
and picture 2. Then give a m
on the back. Give small poin
the tips of your thumbs acco
to picture 3. After this tak
shower and embrocate the bod
salt water. This keeps the d
from the pores. After the tr
breath deeply in and out for
time. You can also give this
treatment to yourself. It ma
body strong.

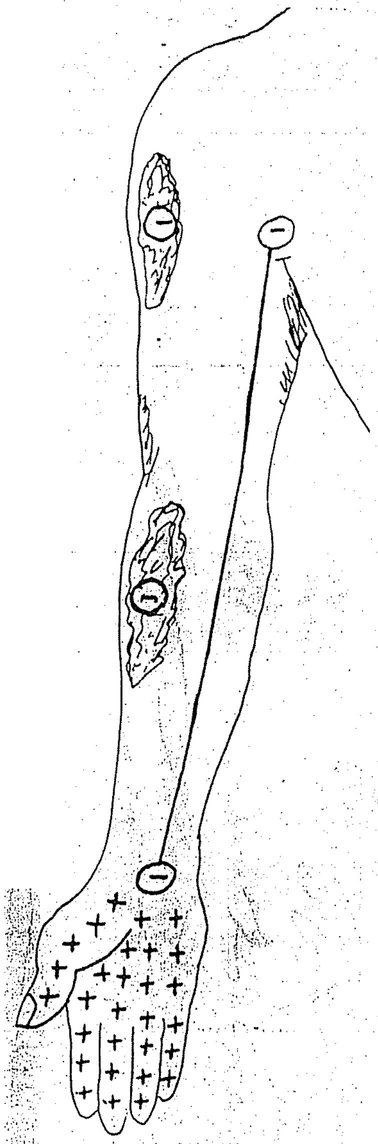




2.

SKINPROBLEMS





- The cause of skin problems are often in the quality of the blood. Eat more tomatoes, tomatosoup or tomato juice.

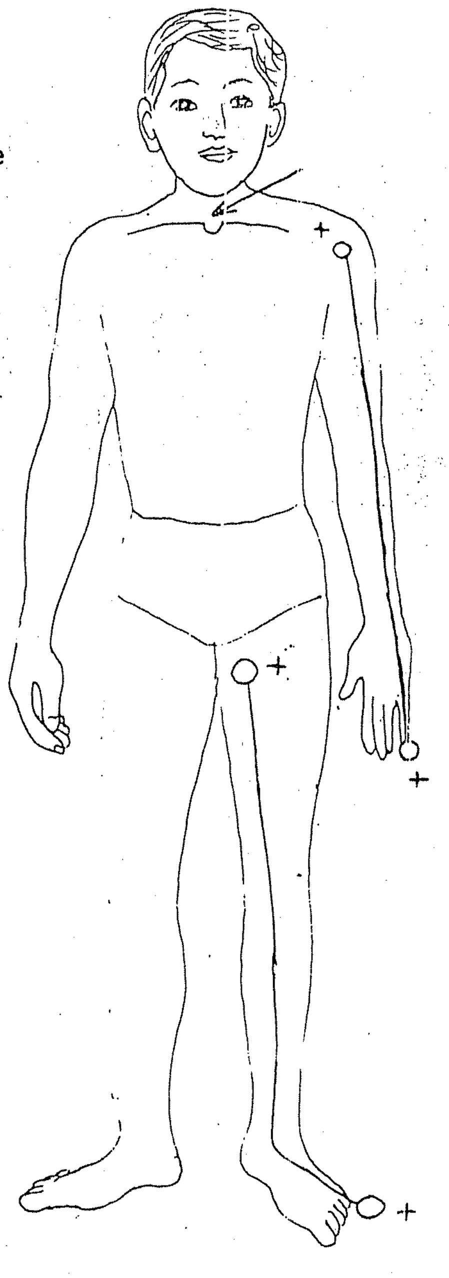
- Take the - point of the healing stick and put it on the places where the problems are. Press for 10 seconds or give a short massage.

- Then put the - point of the stick just above the arm pit. Go down with the stick according to the pictures, dependent on where the skin problem is. Put + points on the hand or the leg of the patient.

ALLERGY

- Allergy can give problems over the whole body. Try to find out for what you are allergic and try to avoid it.
The first treatment is to clean the blood. Take half a lemon and clean the allergic places with it. Now take a bit turmeric powder and mix it with (massage) oil. If you don't have turmeric, you can also take fresh ginger. But be careful with the ginger because your hair will grow on the places where you use it. Ginger is against boldness. Put the oil with the turmeric on the allergic places . Take the - point of the healing stick and give a massage over this places. After two hours clean everything with water. Don't use soap. You can do this treatment for 2 or 3 days. It is also good to eat more oranges and drink more orange-juice.

- The second treatment is to clean the skin. This works very good when you have an allergy for pollen. This gives you red pimples over the body, your eyses run with water and are red and you can have problems with your lungs. Feel under the chin in the little pit. If you have that allergy you will feel something hard there.
Now take the + point of the healing stick and give a stripe between the shoulder and the little finger.
Do the same from the upper leg to the little toe. You can do this only one time a day. The patient can get a little fever. The best for the patient is to eat only a little bit of sugar and salt. Drink a lot of water.
Don't scratch with your nails over the red places. You better scratch with a piece of cloth, because your nails are not clean and will infect the red places again.



TREATMENT FOR BURNS AND SCALDS

- Burns and scalds caused by water, oil and fire.
  Immediately after the burn take a bowl or a bucket with salt water. If you have no salt then take normal water. Put the salt water for 5 or 10 minutes on the burned place.
  The second day put slices of onion on the skin and then put a dressing over the wound and the onions. Now take the + point of the healing stick and give small points on the dressing.
  The third day put a little bit massage oil or butter without salt on the wound under the dressing. You can also take ghee with a bit turmeric.

- Burns caused by sunburn.
  Take the + point of the healing stick and give normal points on the painful places for 5 seconds each. Pound some ginger very fine and put it into the water. You can give this treatment 5 minutes after the first one. Take the + point of the healing stick and put it into the ginger water. Give small + points on the painful places. Ginger water takes the pain away. Now take the - point of the stick and give a massage on the painful places. After this three treatments you can dry everything with a towel.

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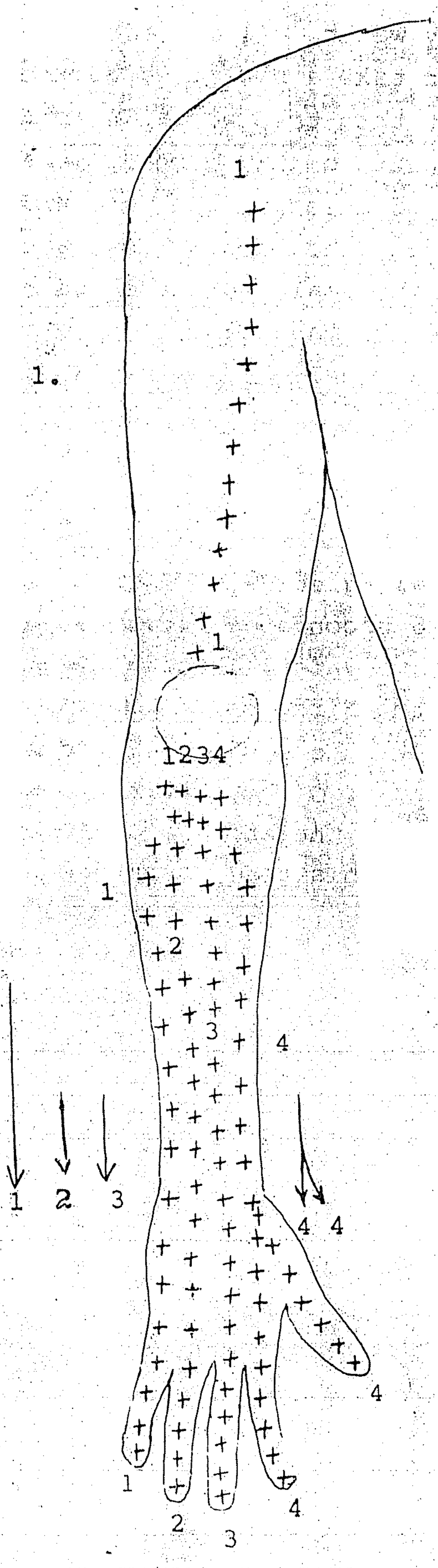
PAIN IN YOUR FINGERS, YOU CAN NOT MOVE THEM

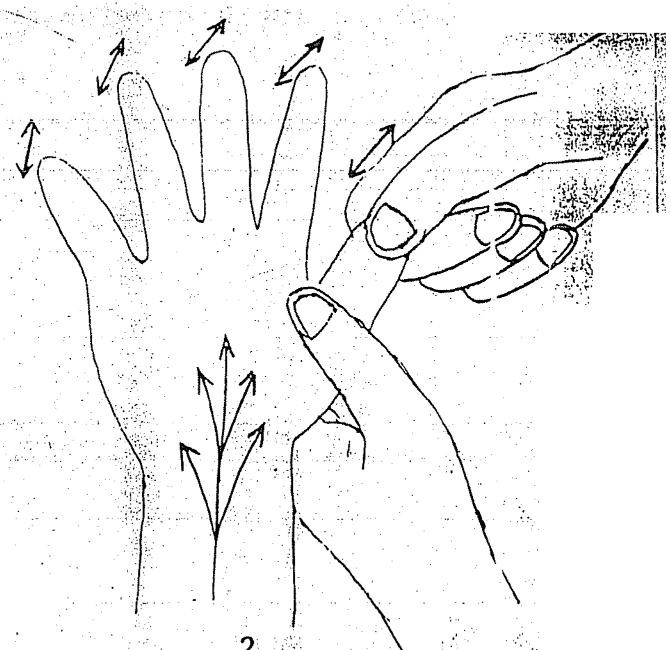


1.

If you can not move one of your fingers and it is painful than take the + point of the healing stick and give + points on the outside of the arm from the elbow till the fingers or from the shoulder to the little finger, according to the picture.

Then rub with your hand from the wrist to the fingers. Take now the immoveble finger on the upside with one hand and take with your other hand the lower side of the finger. Then move the finger up and down. (picture 2.)

When there is a problem with the shoulder you can give a treatment as if all the fingers doesn't move


2.

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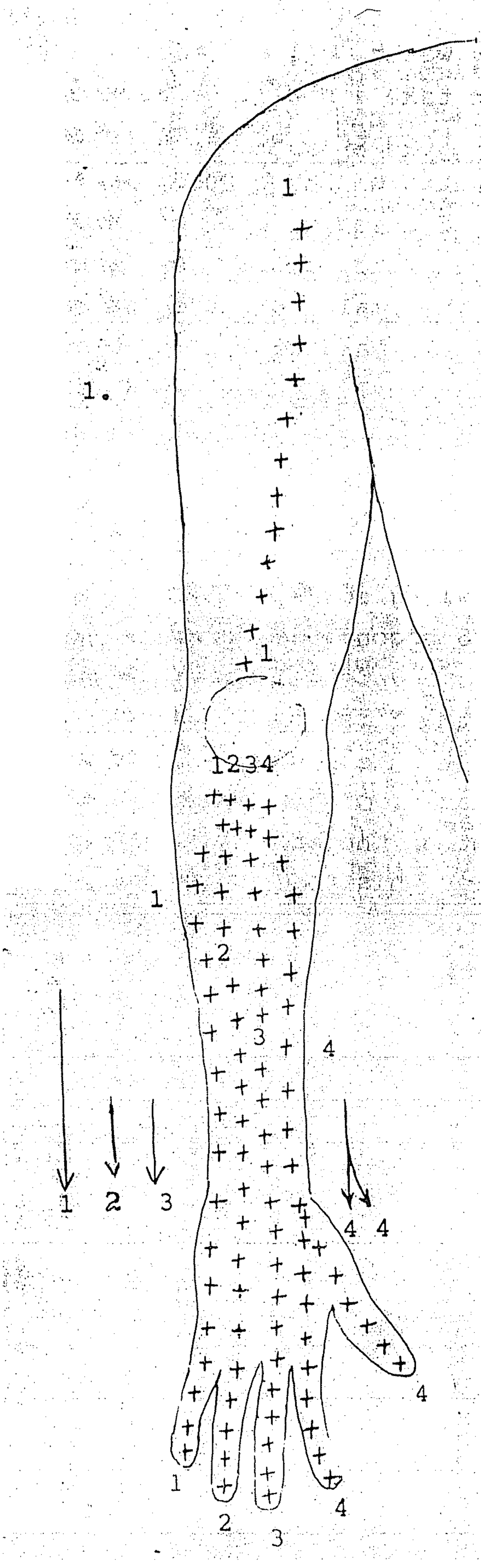

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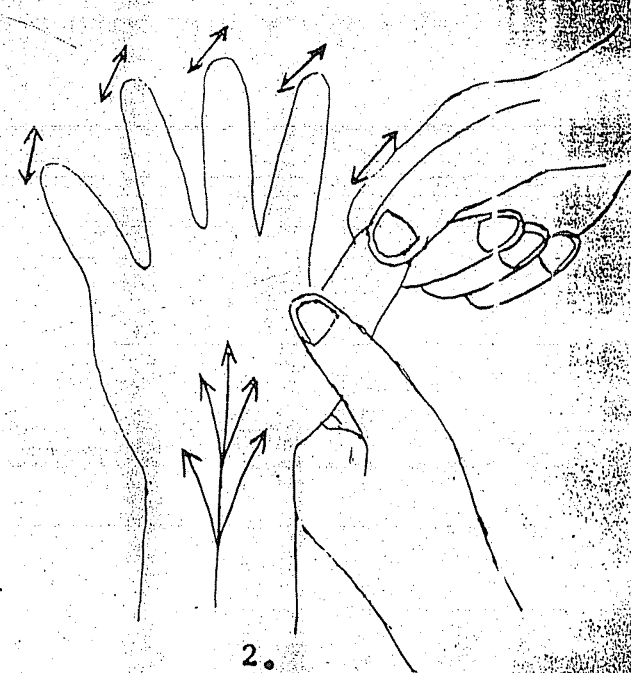
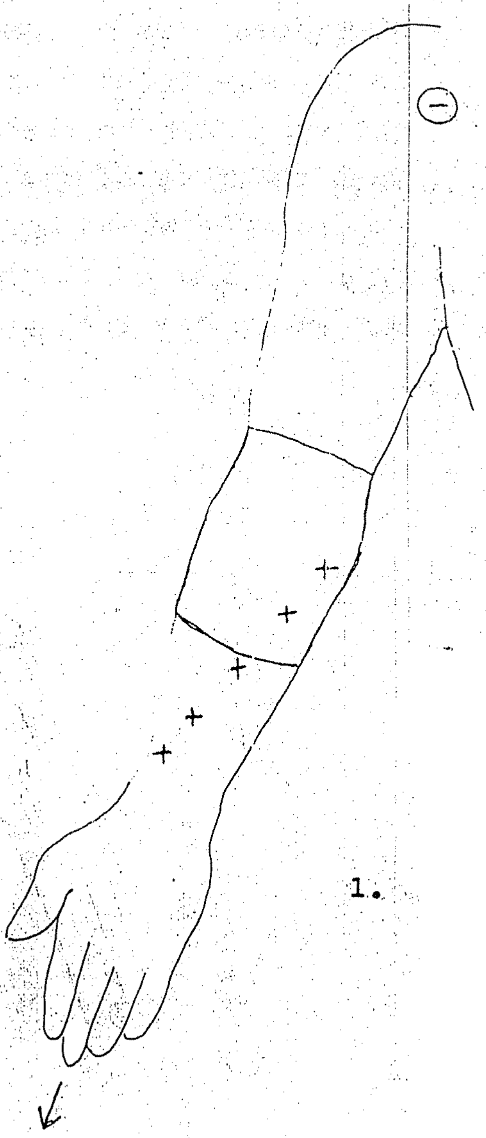


2.

PROBLEMS WITH THE ELBOW

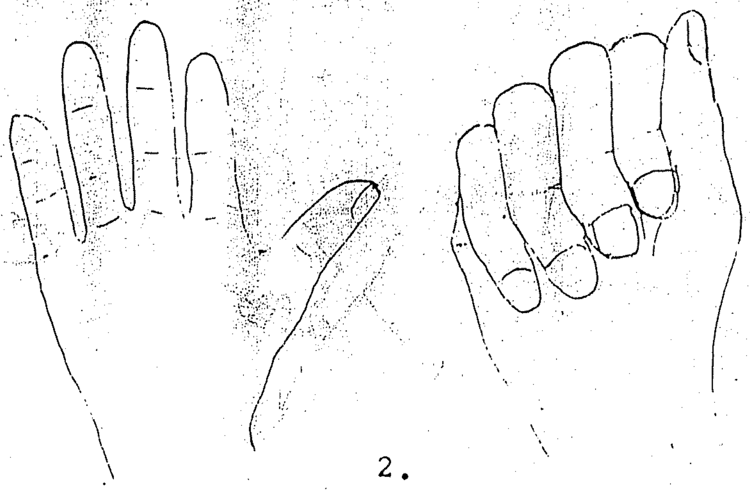
Normally this problem is caused by a sport damage or an accident. Sometimes a less of iron is the cause. First take cotton clothes and put it around and under the elbow of the patient. Then take the + point of the healing stick and give 5 point from 10 seconds each. Start near the inside of the elbow and go to the outside near the wrist, according to picture 1.



1.

Now take the - point of the healing stick and put it in the shoulder just above the arm-pit. Take the hand of the patient and wave loosely with it. Then pull at the hand while pressing with the - point at the shoulder.

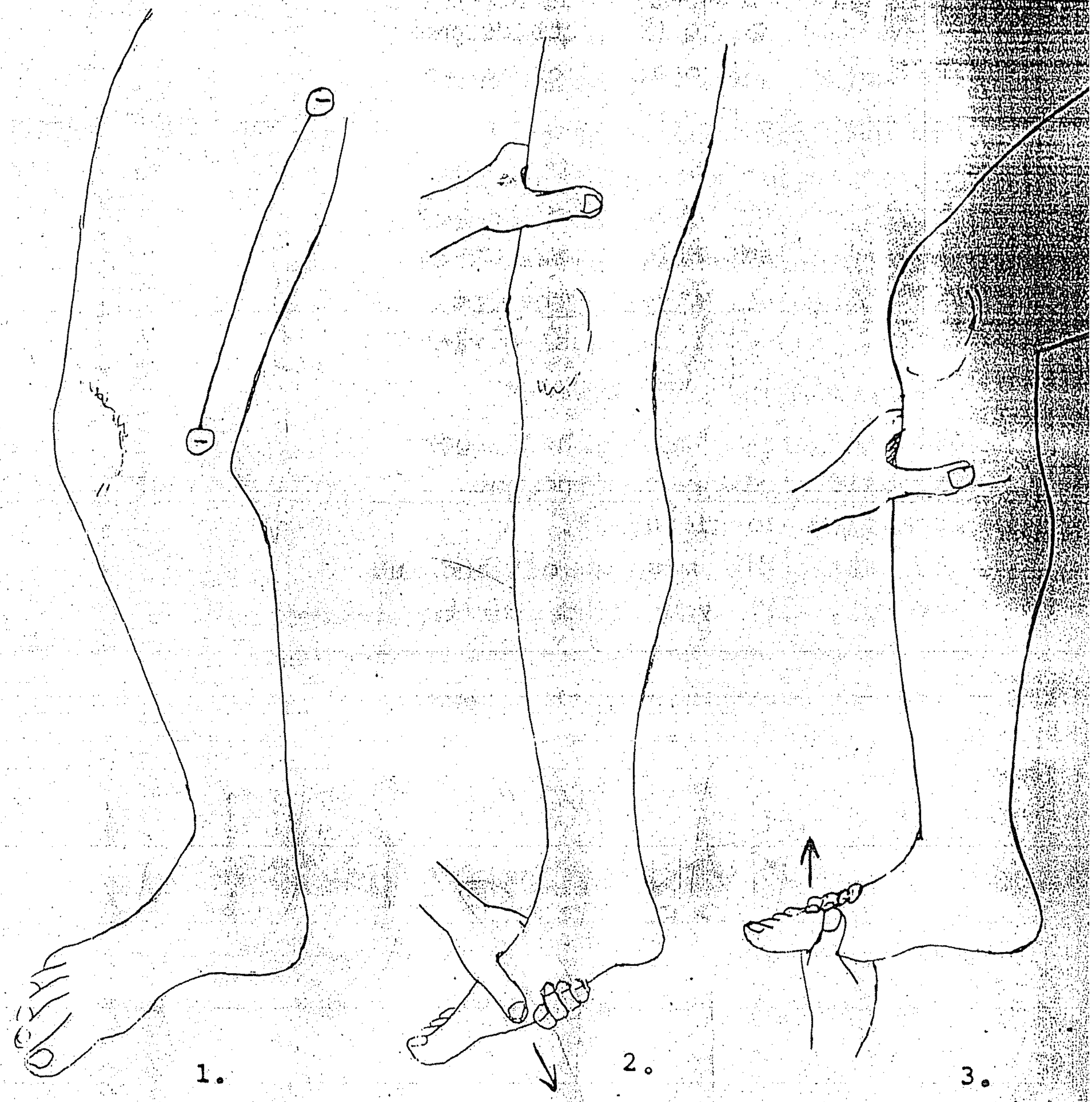
Let the patient move the fingers for half a minute in and out. according to picture 2.
Now take a bit massage oil and rub strongly with your hand over the inside arm of the patient from the elbow to the hand. Then dry everything with a towel.



2.

PROBLEMS WITH THE KNEE

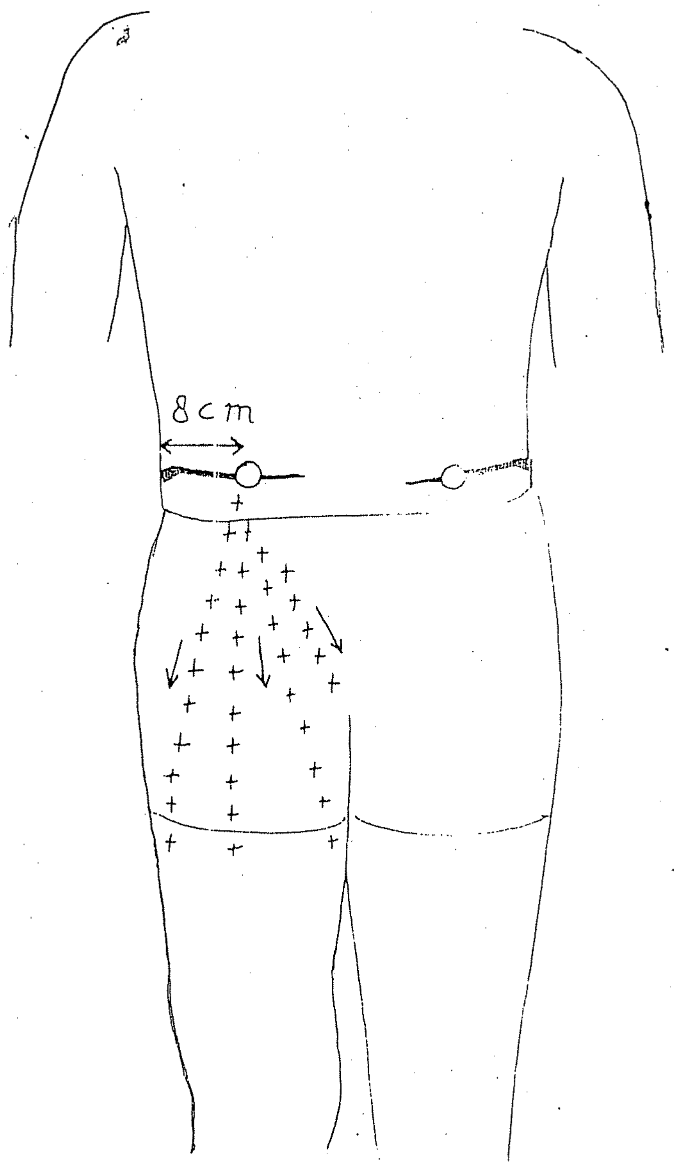
Sometimes this can be a sport damage. Let the patient lay down
Take the - point of the healing stick . Go from the inside of
the upper leg to the inside of the knee according to picture 1.
Take the foot of the patient and the leg above the knee.
Now press downwards according to picture 2.
Take the leg of the patient under the knee and take the foot.
Now press the foot upwards according to picture 3.



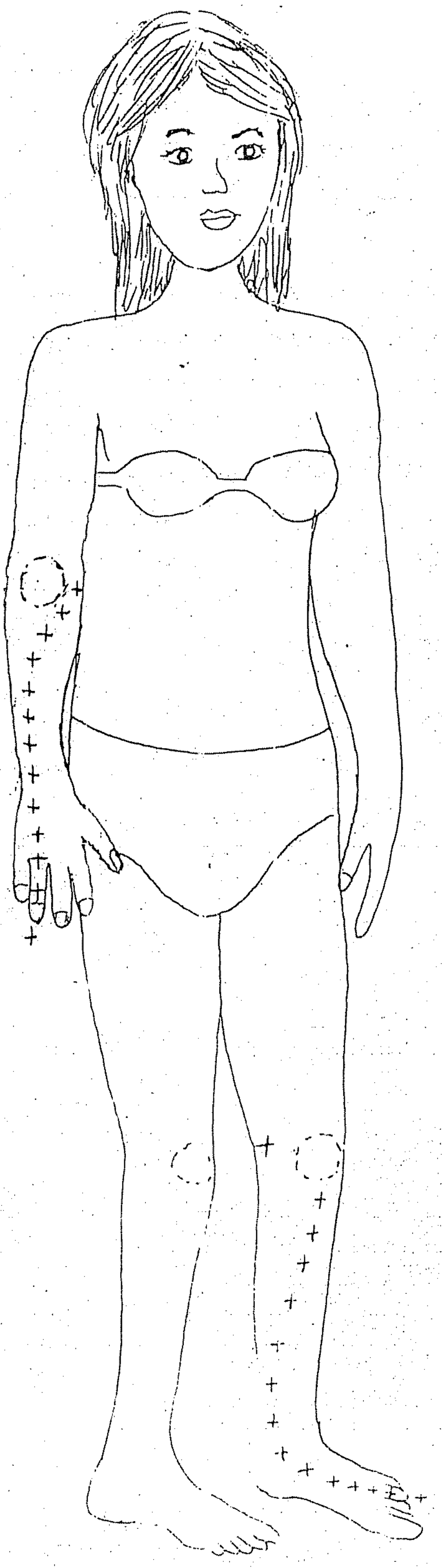
1. 2. 3.

PROBLEMS WITH THE HIP

Normally elderly people will have these ki ds of probl
Give this treatment for 3 or 4 days. Let the patient l
Look at the back of the patient. You can feel the hip
at the sides. From here follow the hip backwards for 8
centimetre. Now take the + point of the healing stick
From this point give 10 second + points downwards acc
to the picture. After this treatment give a powerful
to the hips and below.



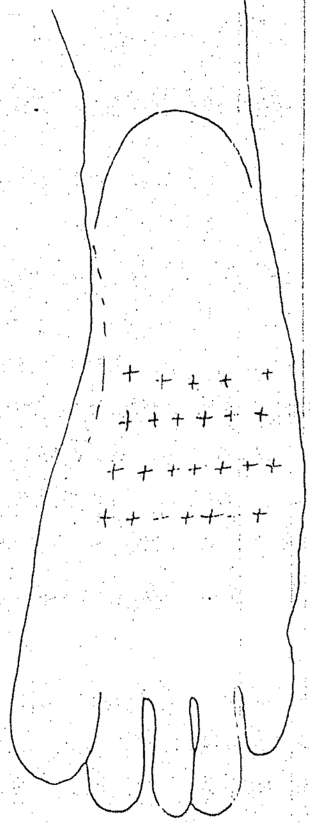
TREATMENT FOR A SWOLLEN LEG OR ARM



- Treatment for a swollen arm.
  Take the + point of the healing stick. Start behind the bone on the inside of the elbow. Give this point a big pressure from 10 seconds. From this point follow the blood vessel to the ringfinger. Give here + points according to the picture. Now rub with power over the upper side of the under arm.

- Treatment for a swollen leg.
  Take the + point of the healing stick. Give a big pressure on the point on the inside of the leg, between the knee-cap and the hollow of the knee. After this point start under the knee-cap and give + points till the fourth toe, according to the picture.

- If this treatment gives no result, then put the leg for 15 minutes in a bucket of salt water (with lots of salt). Then give the treatment again. The same treatment you can give when the swollen leg is caused by a wrong injection.

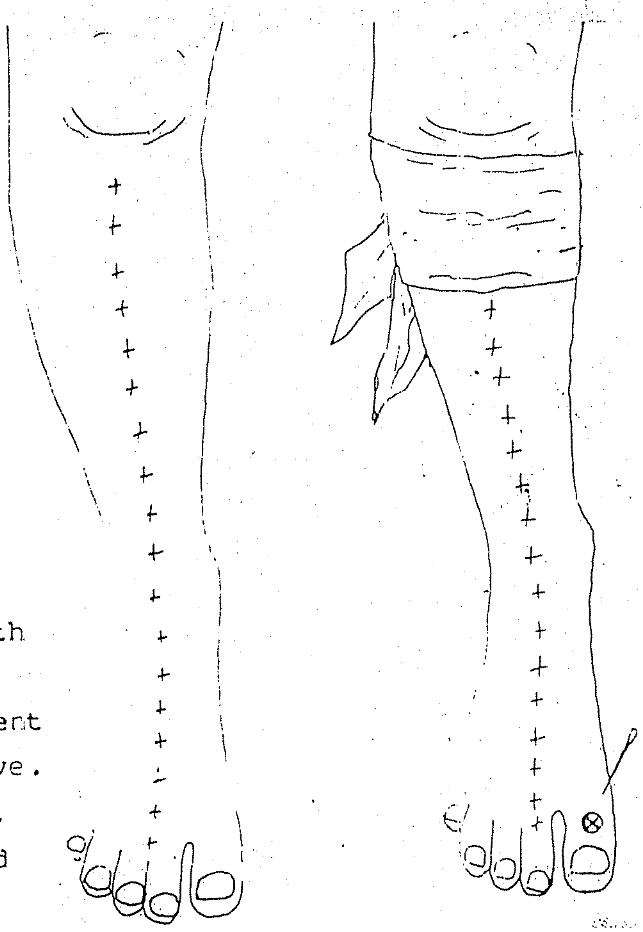


- Take a bucket of water with a bit salt. Put for half an hour salty water over the legs of the patient and over his feet. Then clean legs and feet with a towel.

- Put massageoil on the leg and give a massage with the - point of the healing stick. Start below and go then upwards.

- Take the + point of the healingstick and make small points in the middle under the feet as shown in the picture.

SWELLED LEGS BECAUSE OF WRONG INJECTIONS

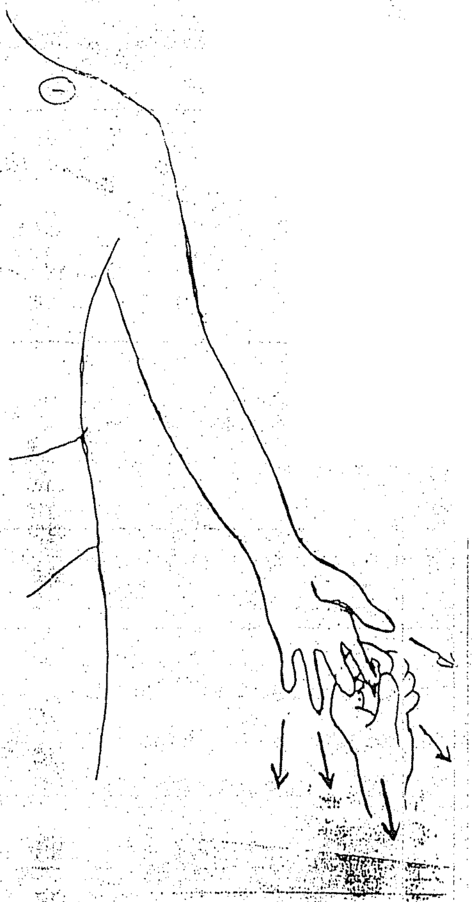


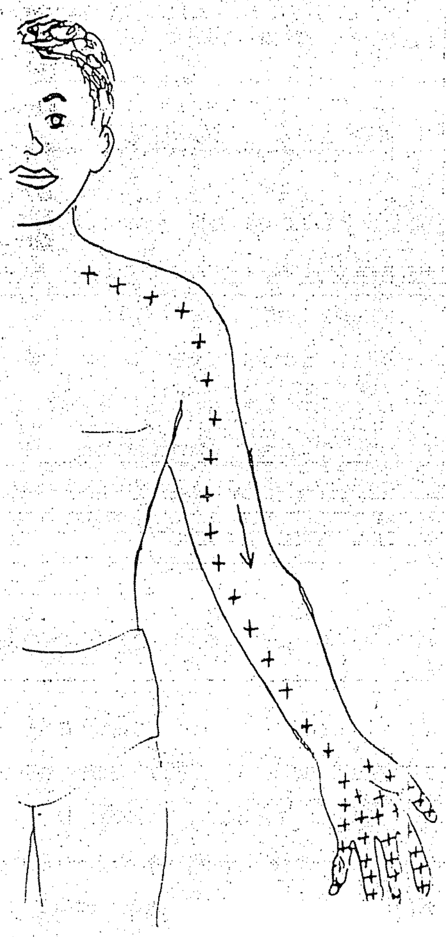
- Put water with lemonjuice on the leg. Then take the + point of the healingstick and go from the knee to the toes. Do this for 6 to 11 days. This treatment is not possible for people from 70 years and over.

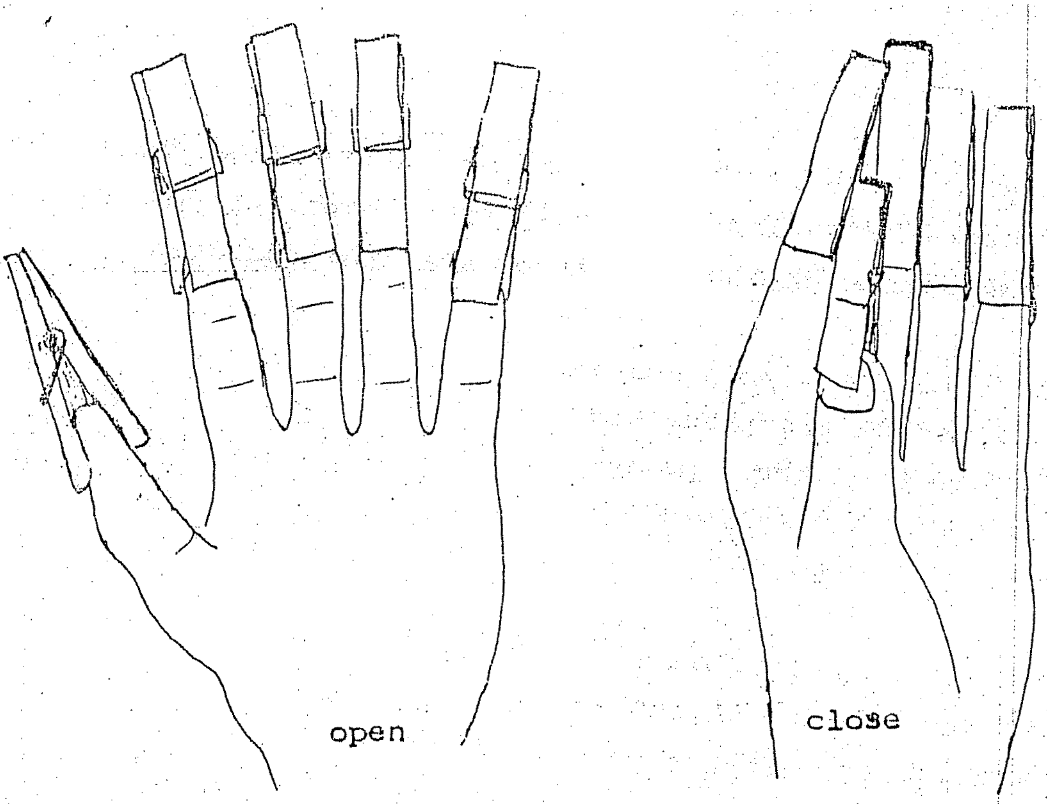
- When there is a red swelling of a cavity (knee) then start with the same treatment as above. When this doesn't help after 3 times, then put a cloth around the leg just under the knee. Then do the same treatment with the + point as shown above. When one of the toes is black, than open it with a needle and let the poison get out.

RHEUMATISM

- The cause of rheumatism is usually the consumption of meat. So eat more chicken or fish instead of other forms of meat.
- Push with the - point of the healing stick just under the shoulder of the patient and turn the stick clockwise. Take in the same time the little finger of the patient, pull on it and turn the finger a bit clockwise. Do the same with the other fingers and hould the - point of the stick under the shoulder and press hard.
- Take the + point of the stick and give a 10 seconds pressure on the same point on the shoulder. Give as much points as you can on the arms of the patient as shown in the picture. Give also points for every finger.

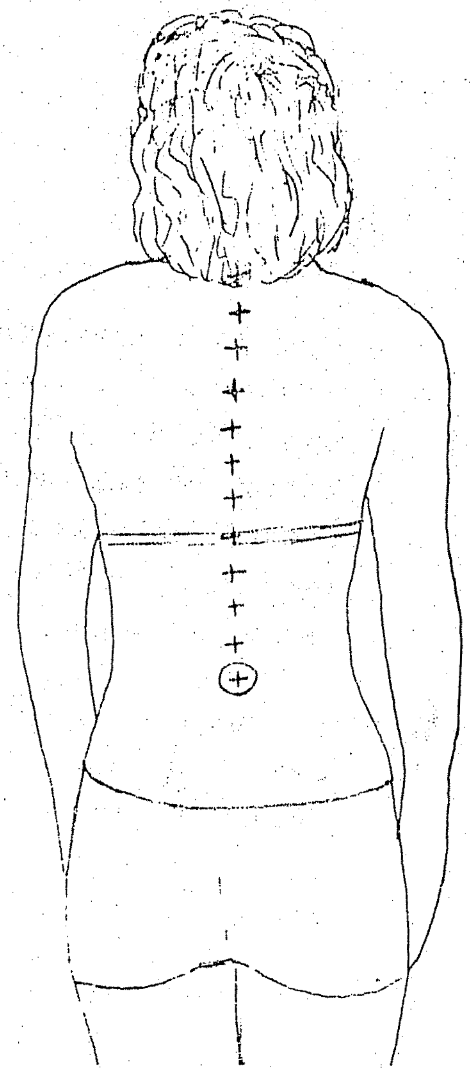






- Put 10 pinchers on your fingers and open and close them slowly for 5 minutes.

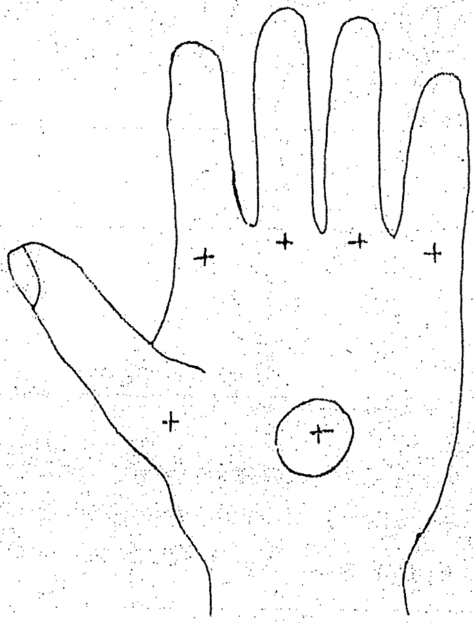
- Take the + point of the healing stick and give pressure points from the neck till the bending point on the back. Give hard pressures.



MUSCULAR PAINS, TIREDNESS, FEELING NOT HEALTHY

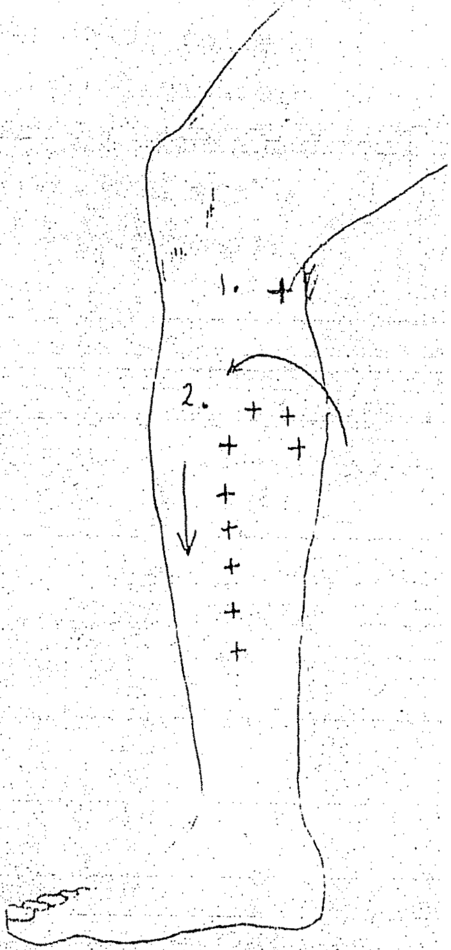
- Put your thumb in the palm of the hand of the patient and press hard with the tip of your thumb. Or you can do the same with the + point of the healingstick.

- Then take the + point of the healingstick and press for 10 seconds on the 5 points just under the fingers as shown in the picture.



- Then give a bodymassage with the - point of the healingstick, but not on the head of the patient. Do this for 2 to 5 minutes.

CRAMP



- This is a treatment against cramp in your calf. Put the + point of the healing stick just under the hollow of the knee. Give a 10 seconds pressure. Then give more pressures with the + point, according to the picture.

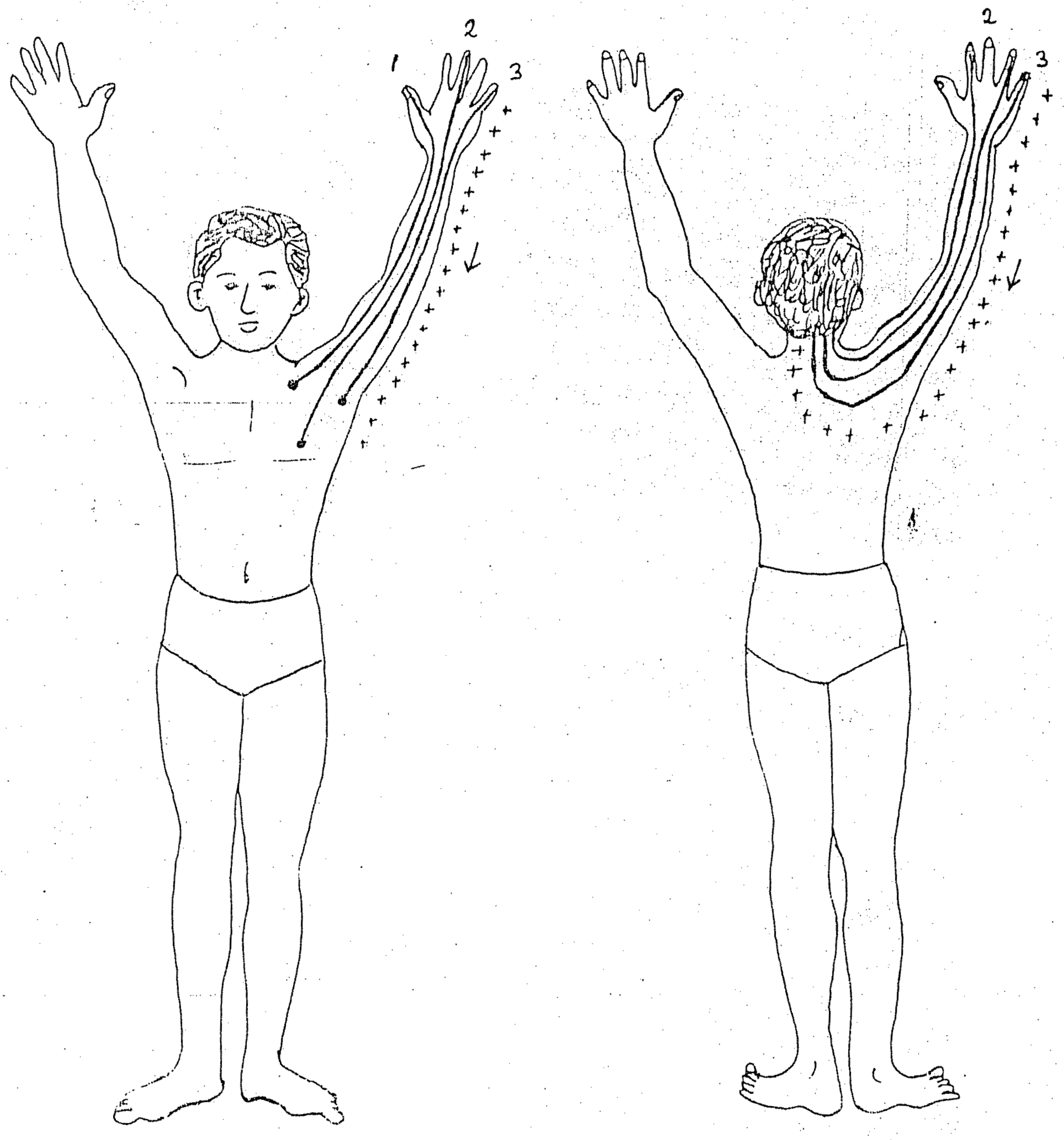
- If there is cramp in the toes, then bend the toes with the hand and move them up and down.

- The cause of cramp can be the cold.

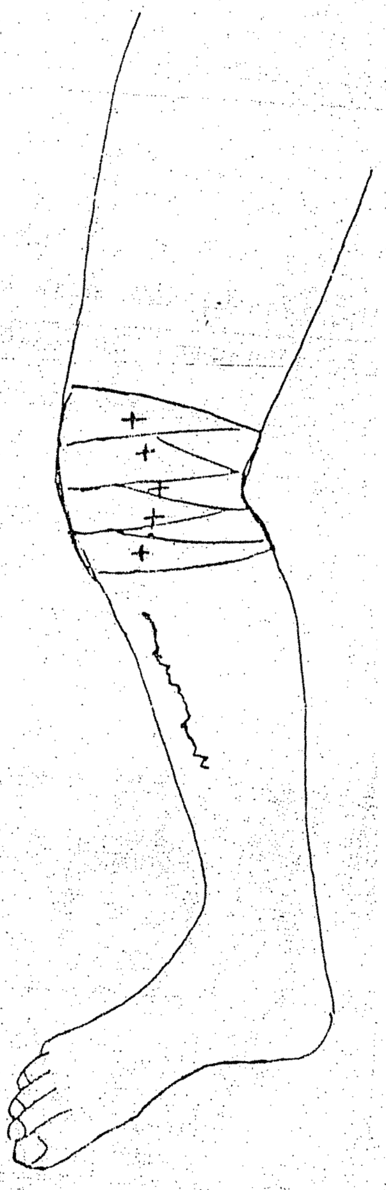
BLOOD CIRCULATION

For problems with the blood circulation, take small + points from the thumb, the middle finger and the little finger, till the arm-pit. Do this for the right and the left hand.

Then do the same at the back, but now from the fingers till the neck as shown in the figure.

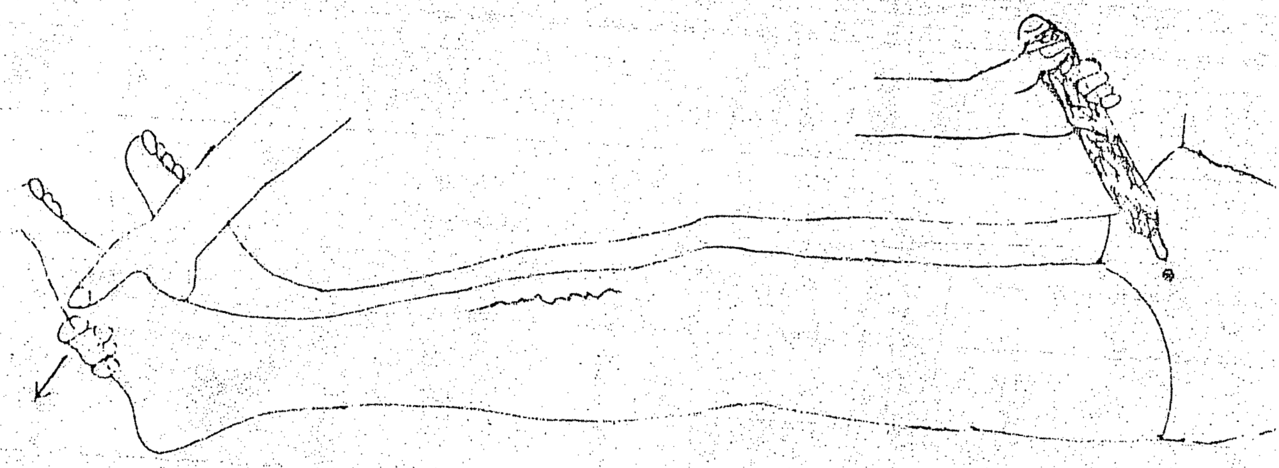


VARICOSE VEIN



- Mostly women will have complaints about varicose vein. For the treatment put wet cotton cloths around the knee and do it tight. Take the + point of the healing stick and give + points on the inside of the knee over the cotton.

- For the second treatment the patient can sit on the ground or on a bed. Take the + point of the healing stick and give a 10 seconds pressure on the sexuality point for the first chakra, according to the picture. In the same time, take the foot of the patient and press it down. Turn the healing stick a bit clockwise.

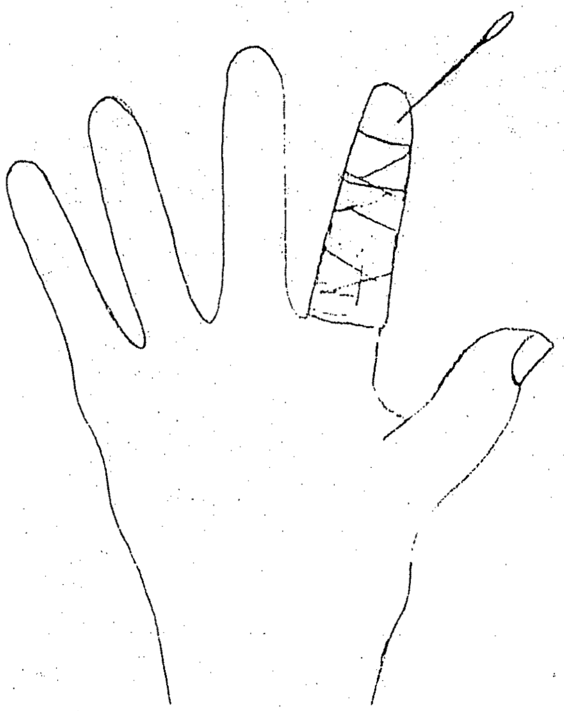


BLEEDING WOUNDS

First clean the wound, because a bleeding wound normally looks worse then it is. Let the patient breath deeply in and out. Let the patient sit or lay down. So he cannot fall down when he gets unconsciousness.

Take a little bit massage oil or food oil (better). Mix it with a little bit turmeric or ginger powder. Then take the - point of the healing stick and put a bit of the oil on it. Then dab the wound with the - point. After it put a dressing around the wound. Repeat the treatment on the second and the third day.

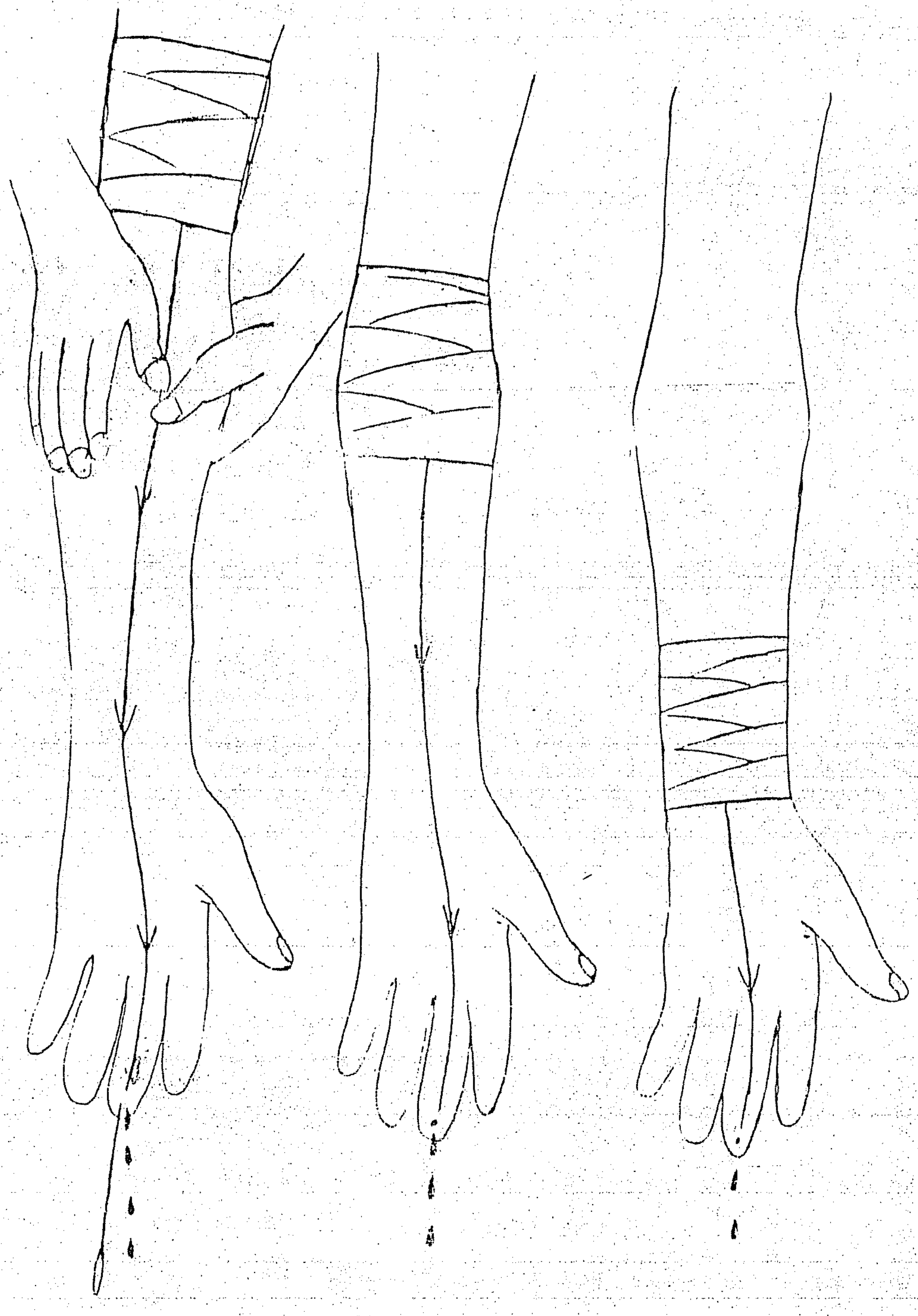
BLOOD-POISONING



Blood-poisoning can be very painful. Especially in the night when we are asleep, the poisoning can get worse. Take a needle and make a gap in the finger. Now the poison can get out. Clean everything very good and put a dress around the wound. It is good to eat more vegetables.

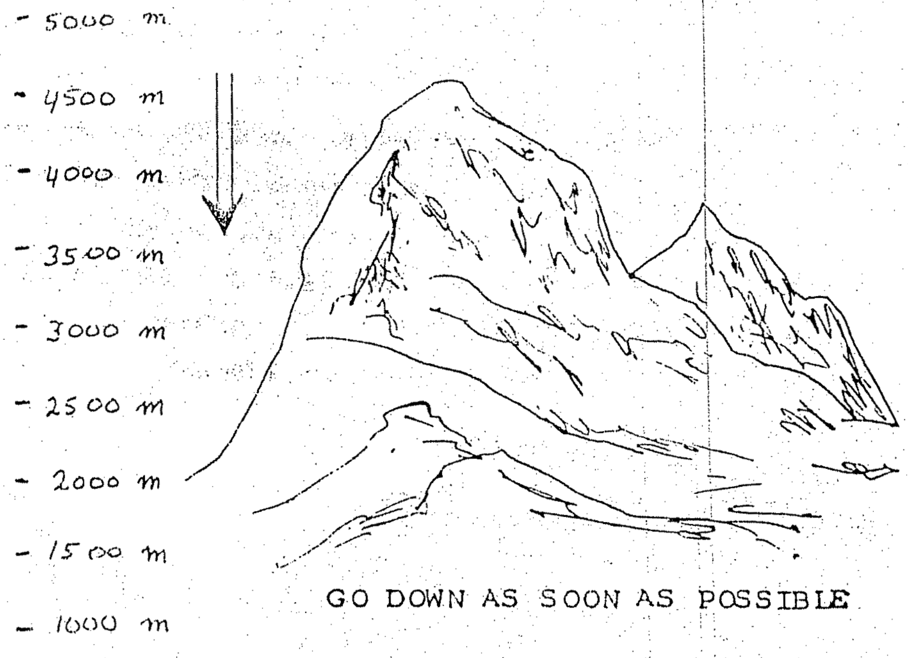
When someone waits to long with a blood poisoning it can become very serious. If the whole hand is poisoned or even a part of the arm you will see a red string, following the blood-vessel. The start of the treatment is the same as above.

ake a hole in the poisoned finger with a needle. Put a dressing around the arm above the red string where the poisoning ends. Now press with both of your thumbs on the poisoned blood-vessel and go from the dressing to the bleeding finger. After it put the dressing a little lower and start again with the pressing from the dressing to the finger. Then put the dressing again lower and do the same again and again and again. Till you are with the dressing by the hand. After this treatment put the whole arm in a bucket with warm water for some minutes.
Then let the patient open and close his fingers for some time. After this treatment let the patient go to a dokter or a hospital because a poisoned arm is very serious. You can easily die of it.



HEADACHE AND HIGH BLOODPRESSURE BECAUSE OF HEIGHT ILLNESS

This form of illness you can only get in the mountains by going to high in a to short time without acclimatization You have a lack of oxygen. Do all the treatments in one day.

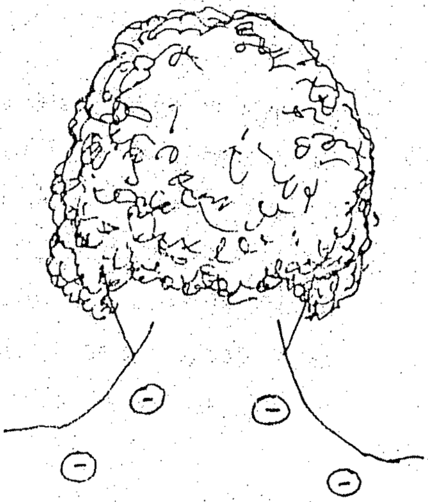


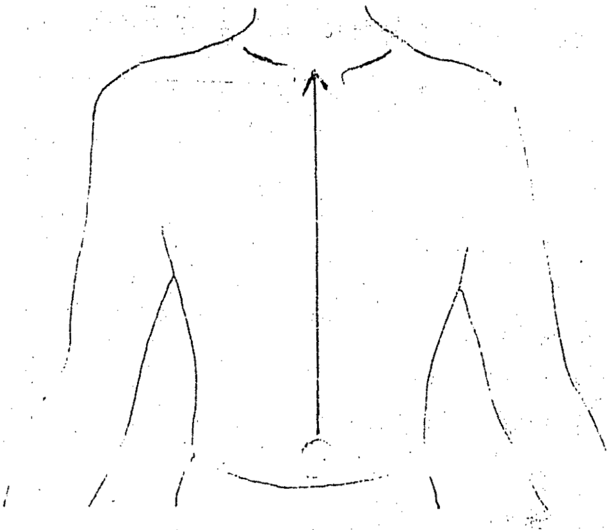
GO DOWN AS SOON AS POSSIBLE

- Go down for a few 100 metres. You will soon feel better.

- Treatment for the headache: Put a cotton piece of material in salted water with a bit massageoil in it.
  Put it on the forehead of the patient. Take the healingstick and give as much + points from 10 seconds on the cotton material on the forehead of the patient.

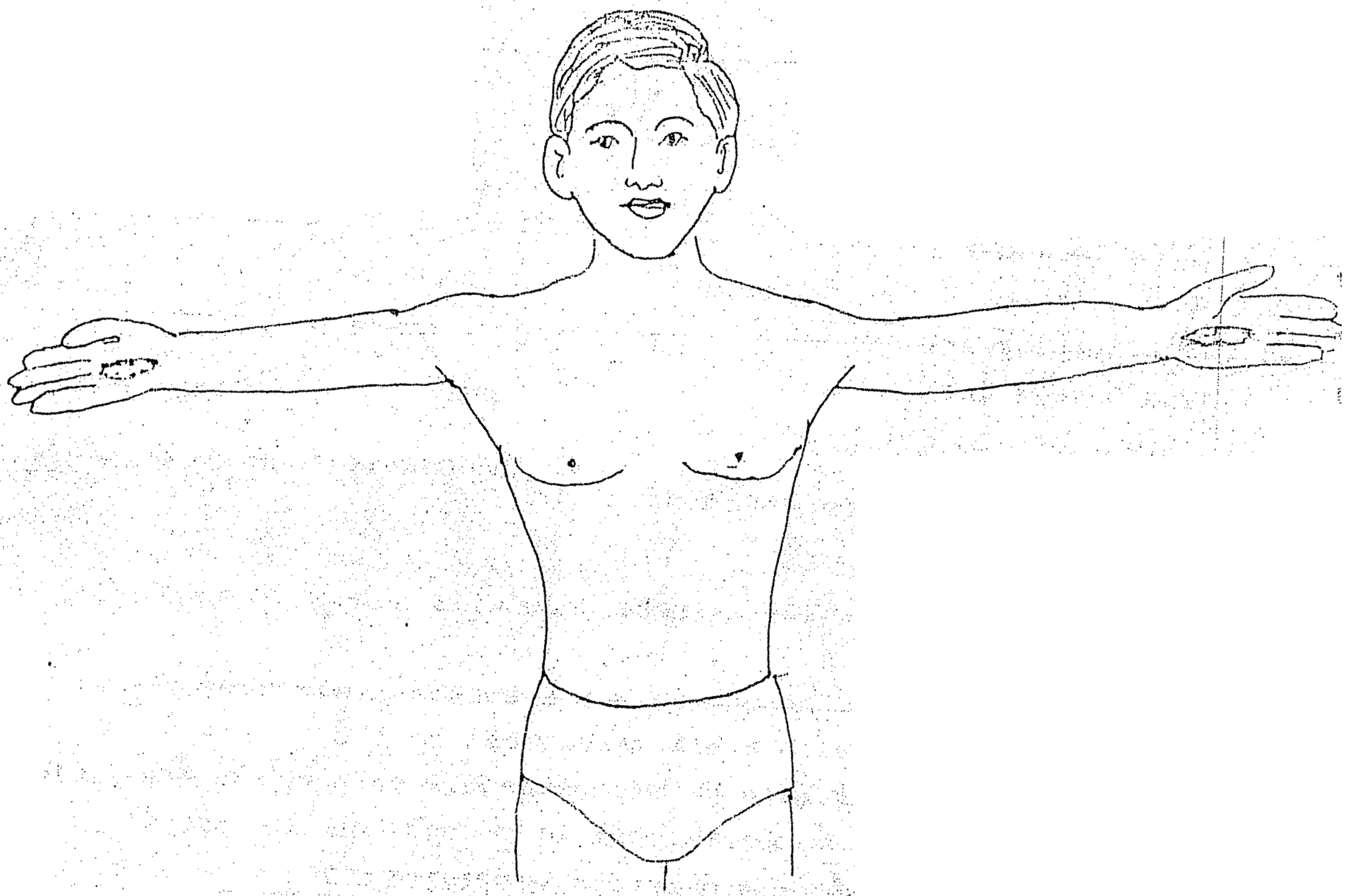
- Treatment for the pain in the neck:
  Take the - point of the healingstick.
  Give pressure for 10 seconds each point and turn the stick clockwise.





- Put the - point of the stick on the point shown in the pictu
  Pull the stick up with force till the throat of the patient.
  You can do this three times.

LUNG PROBLEMS

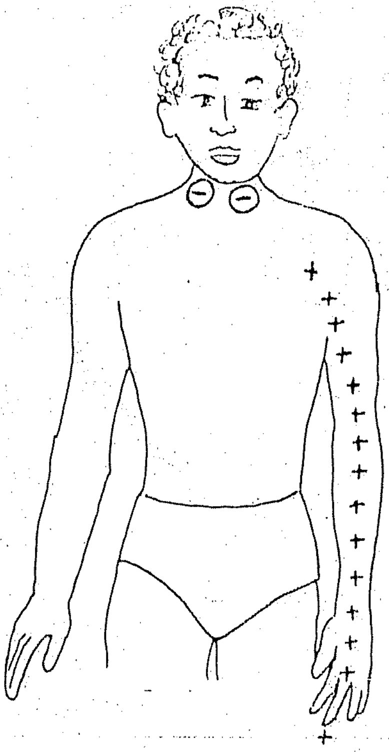


- Drink a glass of sugared water. A bit of sugar is enough. Put some salted water on both of the palms of the hands. Spread your arms with the salted water in the palms of the hands as shown in the picture. Breath deeply in and out for 5 minutes. Now the salted water is poisoned. Throw it away and wash your hands very carefully. Repeat this treatment for the following 6 days.

LIVER-TROUBLE

A very simple treatment is to put a towel in warm water. Then put the towel on the liver and leave it there for half an hour. Keep the towel warm or put it sometimes again in the warm water.

ASTHMA



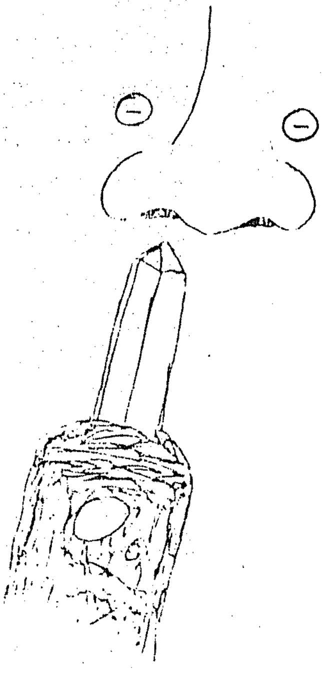
- To give a treatment against asthma we first take the - point of the healing stick. Give a - point in the neck, jus beside the throat. Let the patient lay down with his eyes closed. When you gi this pressure, turn the stick slowly clockwise. Do this for more than 10 seconds on both sides of the throat.

Then take the + point of the healing st and give + points from the middle finge to the arm-pit. Do this also for the le and the right side. Give every point fc 1 or 2 seconds and don't turn the stick You can give this treatment for 7 times The best is to do it every day for as long as a week.

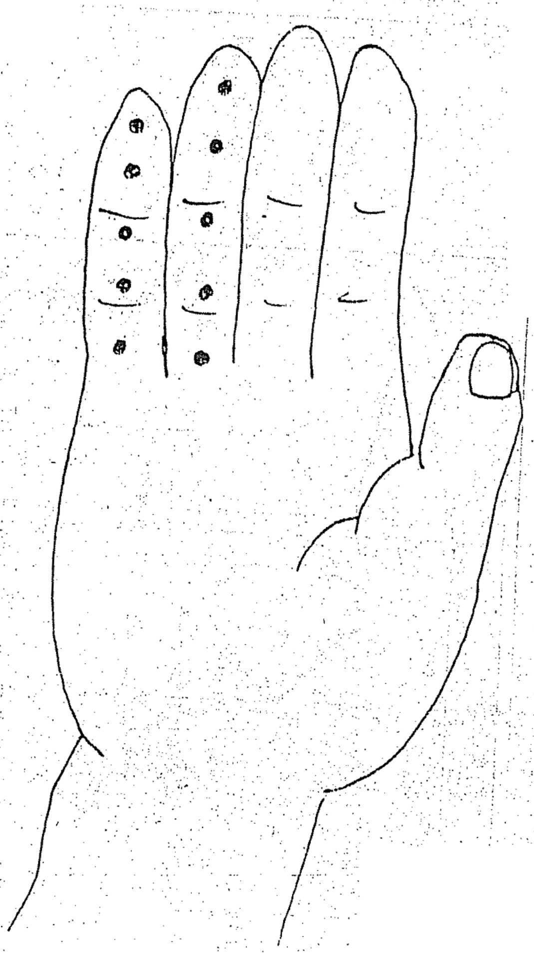
SNORE

- For the treatment against snore you can put the + point of the healing stick into a big glass of water and add a slice of onion to the water. Leave it for one night. Every evening the patient has to drink a cup of this water.

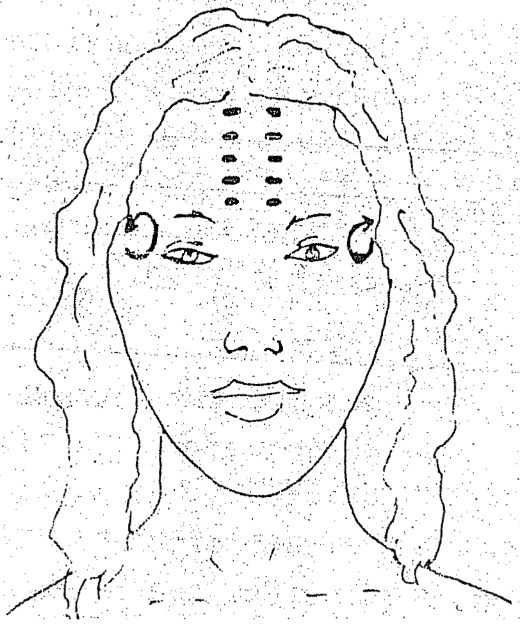
- Take the - point of the healing stick and give 10 seconds pressures clockwise just beside both sides of the nose according to the picture. Then take the + point of the healing stick and keep it under the holes of the nose for one minute each. Let the patient breath deeply the air around the + point.



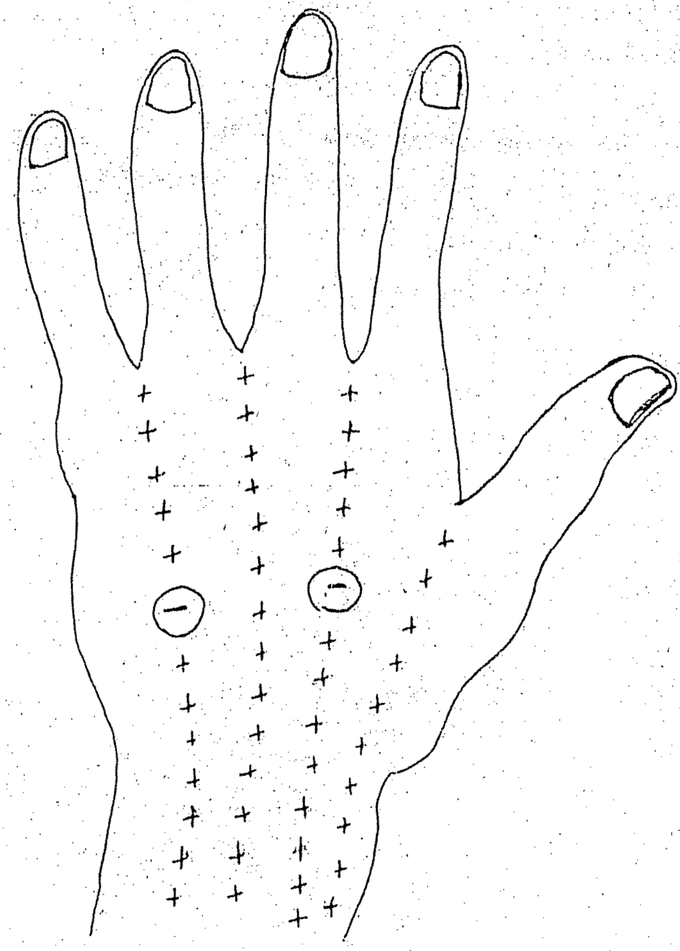
- Put massageoil on both of the little fingers and the ringfingers of the patient. Take the + point of the healing stick and give 5 or more points on each of the fingers for 10 seconds each point.

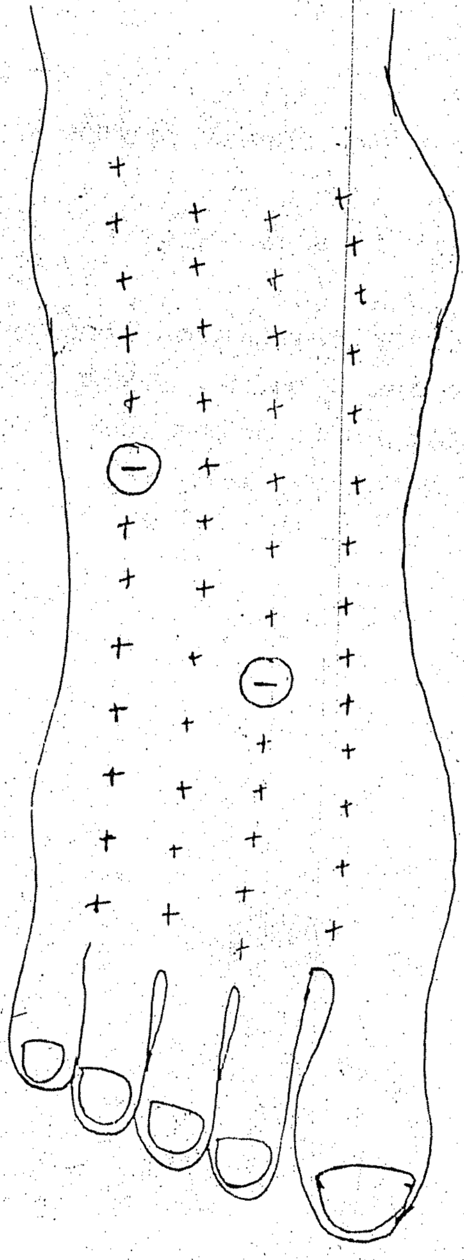


- Put massageoil on your own hands and give a massage on the head of the patient. Make small circles with your thumb on the outside part of the head next to the eyes. Give some pressure points with the tip of your thumbs on the forehead of the patient.

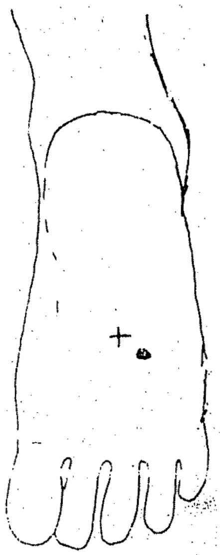


- Use the + and the - point of the healingstick. Give small points from the arm to the fingers and from the legs to the toes, according to the picture.





- Take with both hands the foot of the patient. Give with your thumb pressurepoints on the underside from the heel to the toes, as much as you can do. Then give one + point with the healingstick on the point shown in the picture. Do this all for both of the feet.

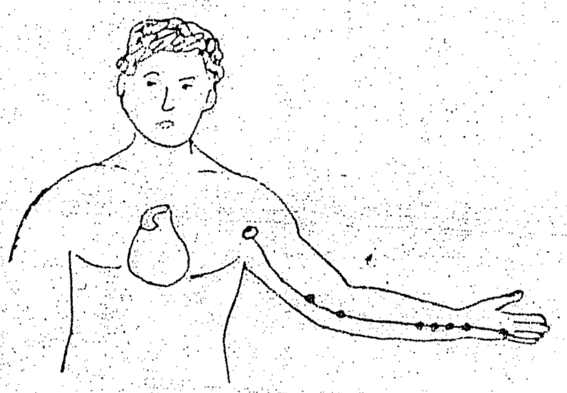


HEART PROBLEMS

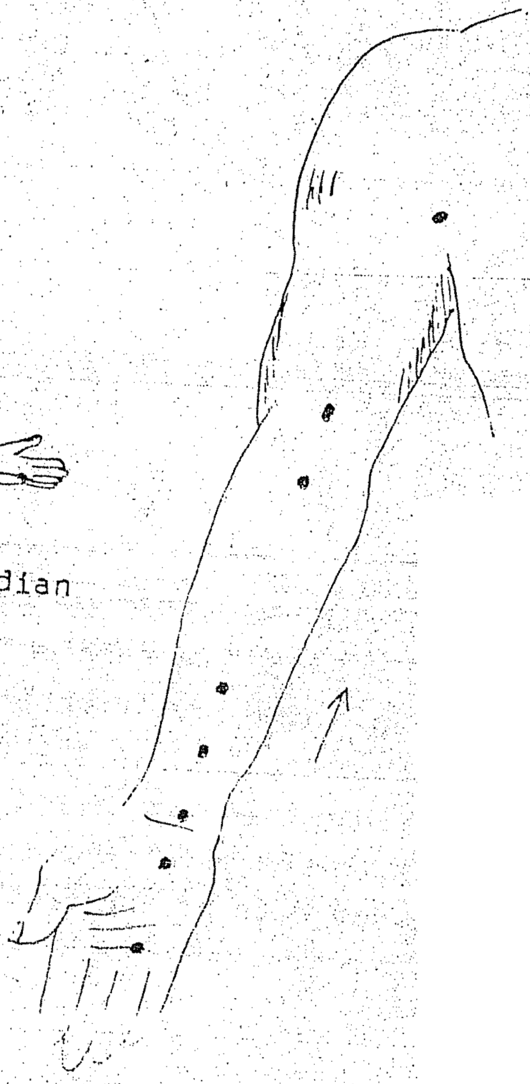
- Don't eat cheese products, butter or meat

- Drink lots of water for a long time.

- The following treatment has to be done only once a day.
  Use the + point. Press each point with force for 10 seconds.
  8 points from the ring finger to the heart.
  Do both arms only one time each. It works the best without clothes directly on the skin.



heart meridian

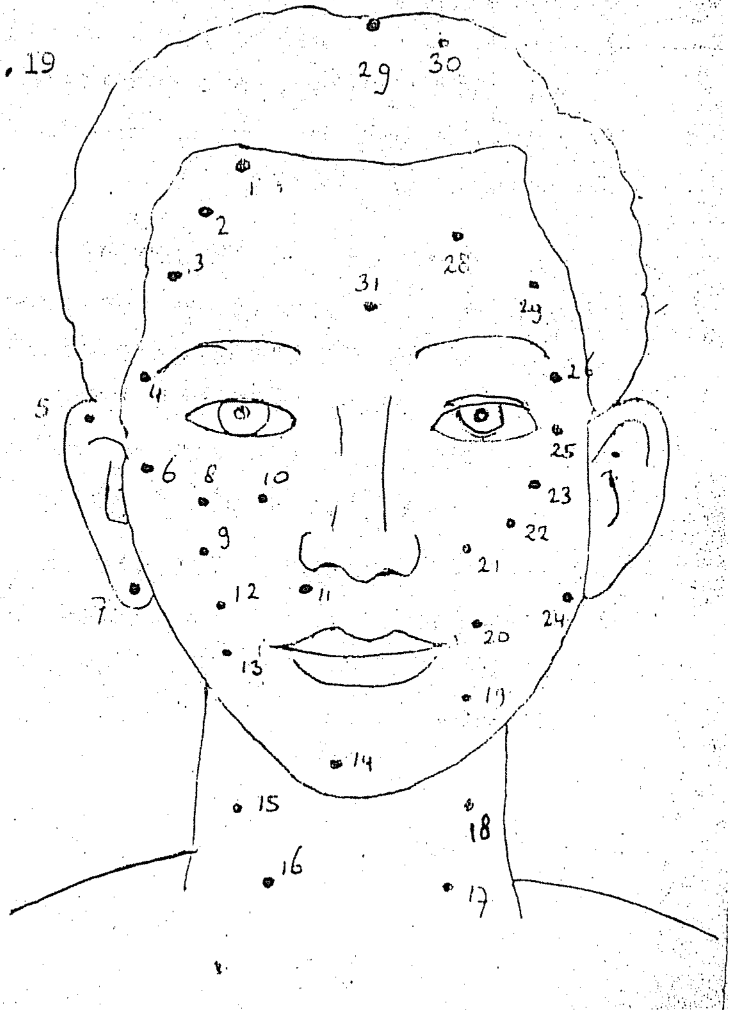


CANCER

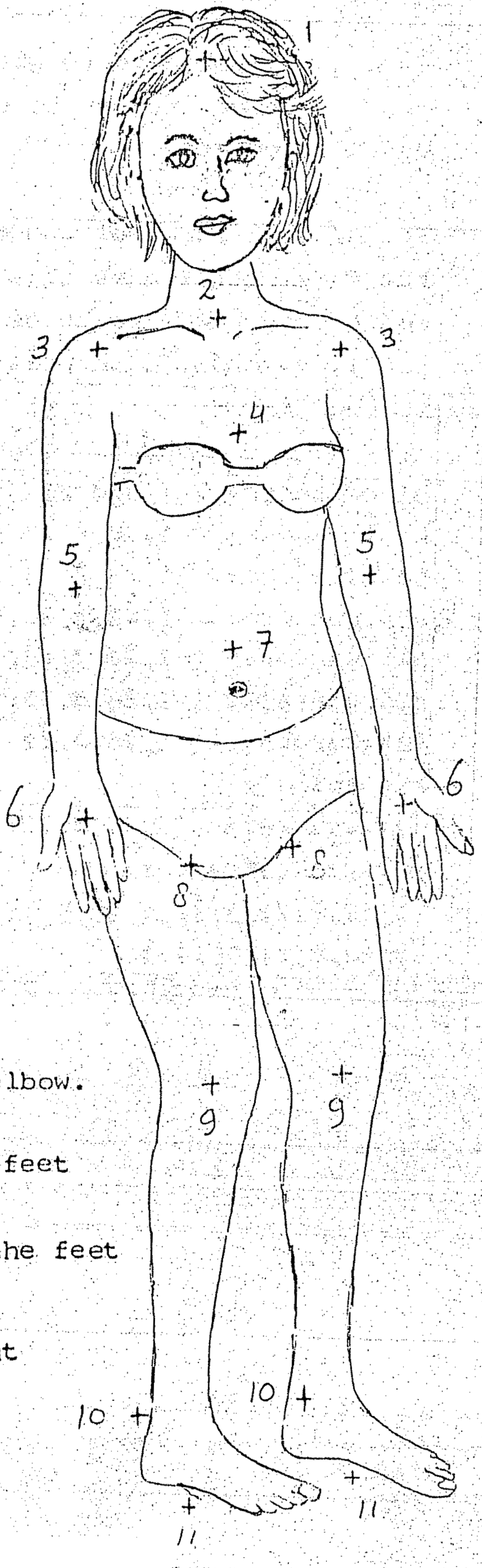
- In general you have to eat more vegetables. The best is to eat more tomatoes, tomatojuice and tomatosoup. Don't eat milk and cheese products.

- For special forms of cancer we have some pressure points in the face. Don't give this form of treatment to a pregnant woman. Use the + point of the healing stick and give pressure for 10 seconds. Give pressure to the following points according to the list.

bloodcancer: 1 and 28
braincancer: 1,28,2,23 also for a braintumour
heartcancer: 1,28,2,23,3,12
bonecancer: 1,28,2,23,3,12,4,13
haircancer: 1,28,2,23,3,12,4,13,5,11
heartattack: 1,28,2,23,3,12,4,13,5,11,6,19
lungcancer: 1,28,2,23,3,12,4,13,5,11,6,19,7,20
intestinal/
livercancer: 1,28,2,23,3,12,4,13,5,11,6,19,7,20,8,24
neck/throatcancer:
1,28,2,23,3,12,4,13,5,11,6,19
7,20,8,24,9,29,30



GENERAL CANCER TREATMENT



- Take a kettle or a pan and fill it with water. Put ginger, lemons and mashed onions in it. Close the pan or kettle and put it for three days in a warm place.

- After three days put a little bit in a small glass or a cup. Let the patient lay down with the eyes closed. Take the + point of the healing stick. Put it carefully into the glass so that a small drop of the water remains on the + point of the stick. Put it on the head of the patient as shown in the picture under number 1. Now clean the + point with a towel. Put it again into the water for a small drop. Now give again a pressure for 10 seconds on point number 2. So go on till number 11.

- Number 5 is on the inside of the elbow.
  Number 9 is just above the knee.
  Number 10 is on the inside of the feet just above the heel.
  Number 11 is in the middle under the feet a little bit inside.

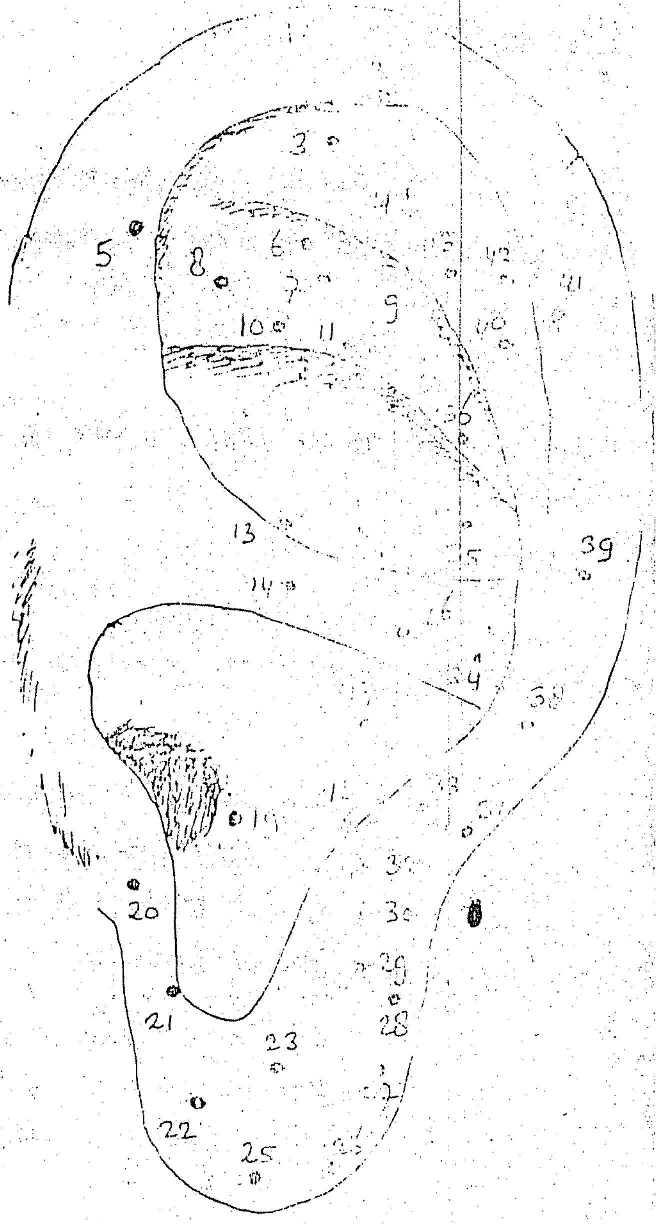
- After the treatment let the patient lay down with the eyes closed for 10 minutes. Let him then open his eyes very slowly.

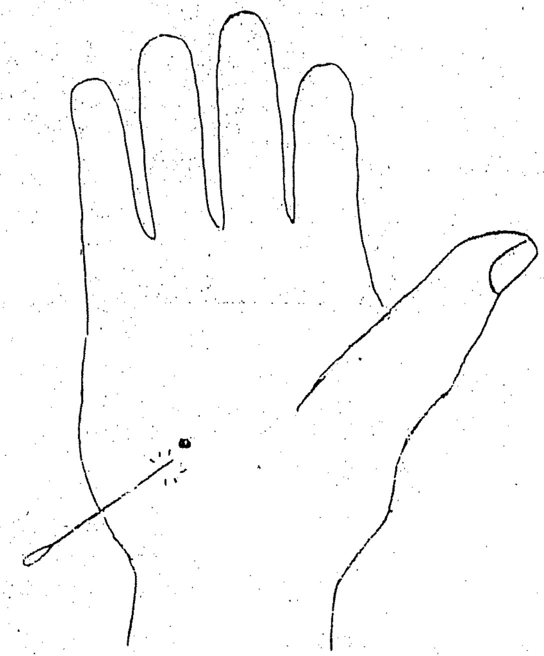
BONECANCER

- Put both of the thumbs of the patient for 10 minutes in halfwarm salt water.

- Take the + point of the healingstick. Give a 10 seconds pressure on all the points of the ear as shown in the picture from 1 to 43.

- Take the + point of the healingstick and give lots of small points on the feet.

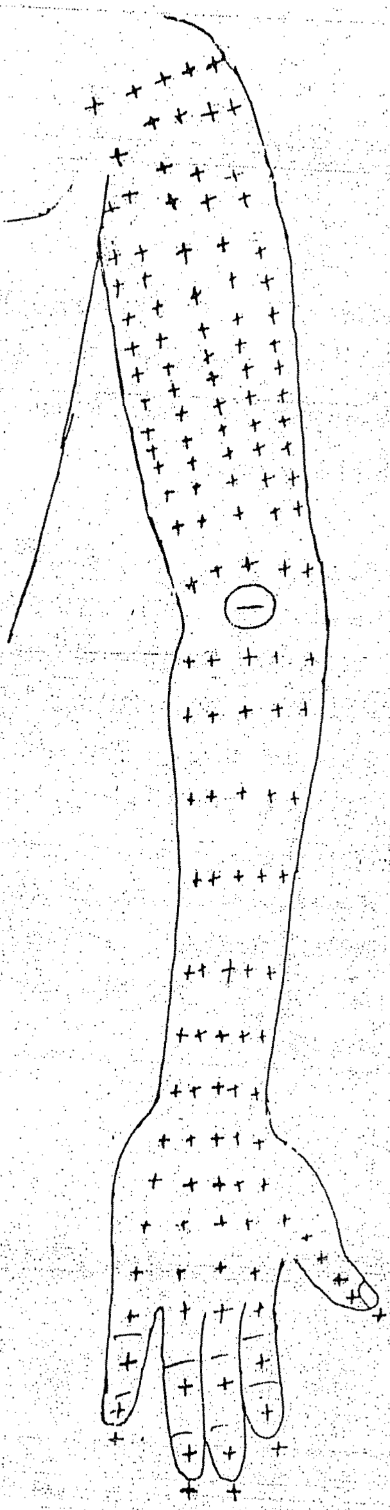




- Heat a needle above a flame till it is red-hot. Give a very small touch with the needle on the point shown in the picture. All the poison will go to this point. It is the best to do this at the fourth treatment and at the last treatment or every 12 days.

- When a patient is afraid for the red-hot needle, then give a drop of very hot oil on the same point.

HEARTCANCER

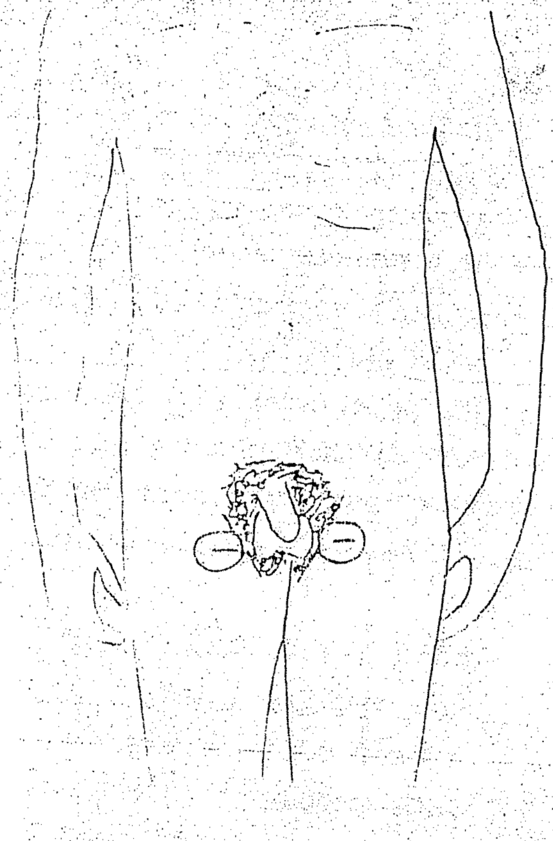


Take the + point of the healingstick.
Go from the top of every finger in 15 small points to the elbow
(= totally 75 + points)

Give a - point at the inside of the elbow.

Go from the elbow in 5 times 15 + points to the shoulder.
(= totally again 75 + points)

It is more important to give the points with full concentration of your power then to count them and give the exact amount of points.



CANCER OF THE TESTICLES

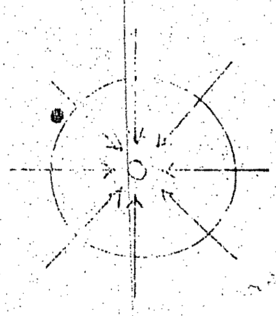
- eat every day 200 gram of onions.

- Take the - point of the healingstick and press for 10 seconds on both of the points, shown in the picture. Give this treatment each day one time.

BREASTCANCER

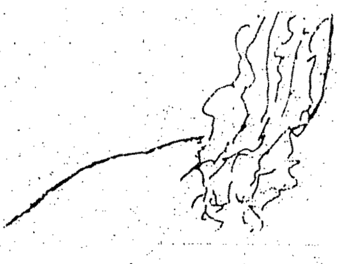
- Breastcancer is a bloodcancer. For the treatment, put your clothes in salt water. Then dry them and wear them.

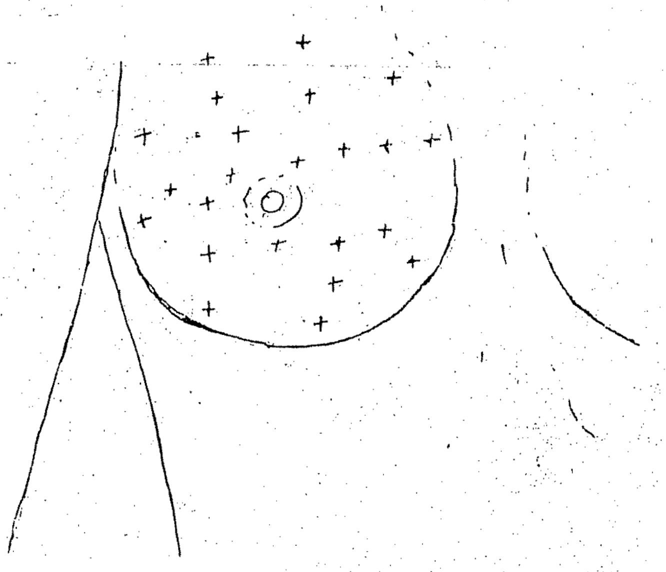
- A second treatment can be done with hair of a goat (socks). Take the goathair (sock) and press from every side of the breast from the outside to the nipple on the inside.

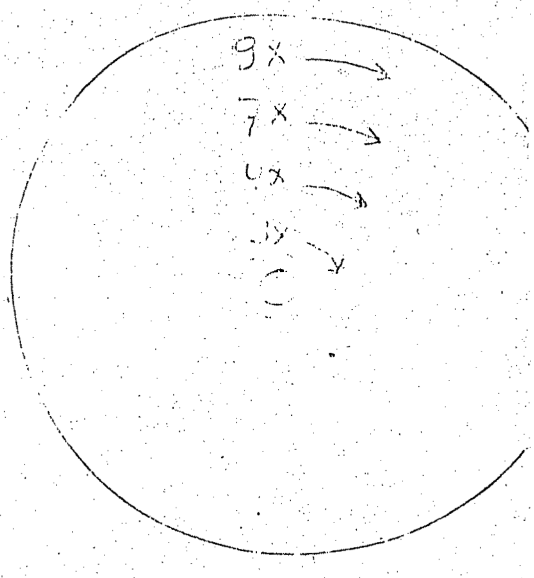


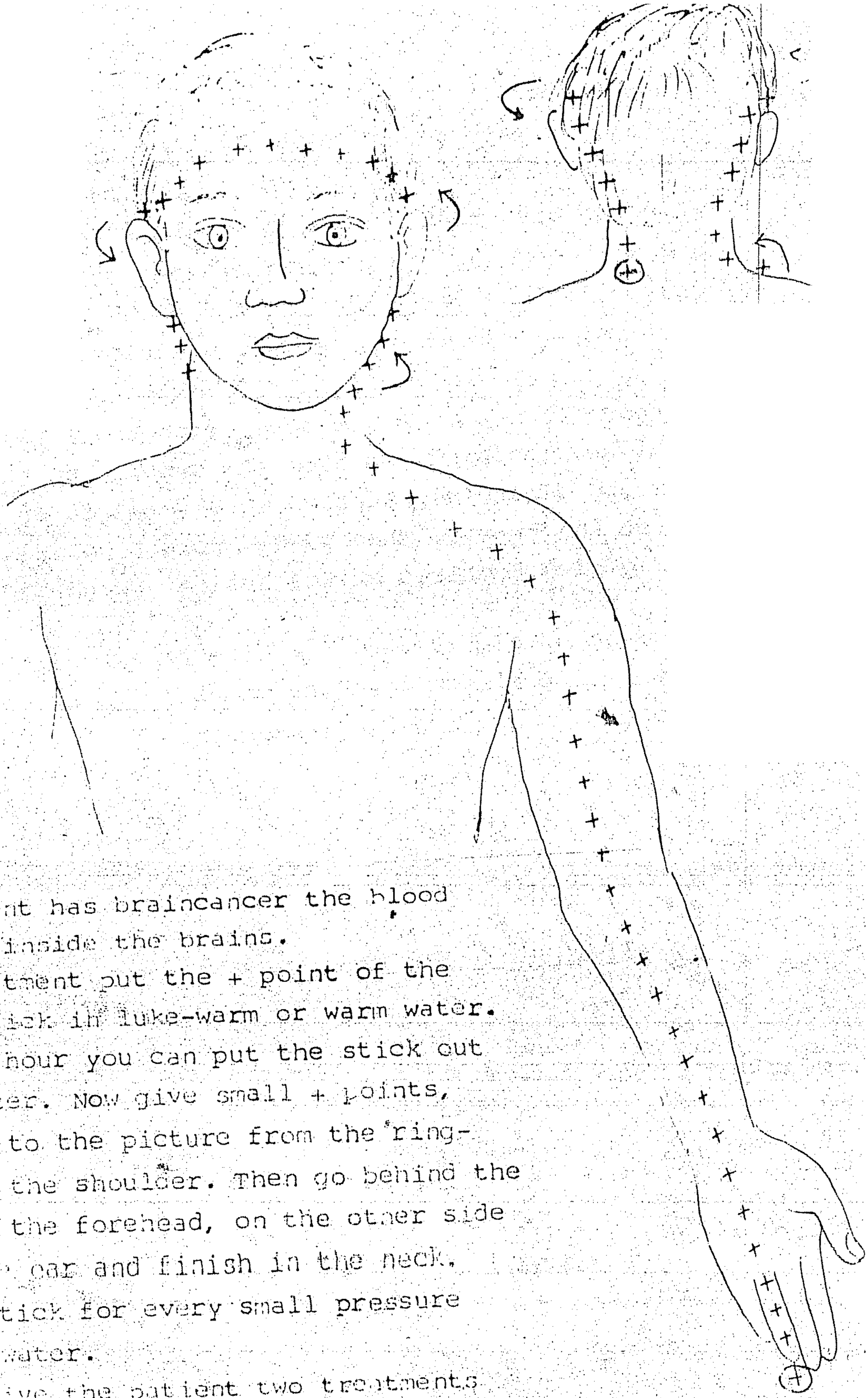
- Another treatment can be done with the + point of the healingstick. Go from the outside to the inside. Go around clockwise. Start with 9 + points on the outside part of the breast. Then give 7 points, give 4 points and finally give 3 points on the inside around the nipple.

- It is important to know that the breast with the cancer is normally bigger than the other. Also is it possible that a part of it feels irregular.



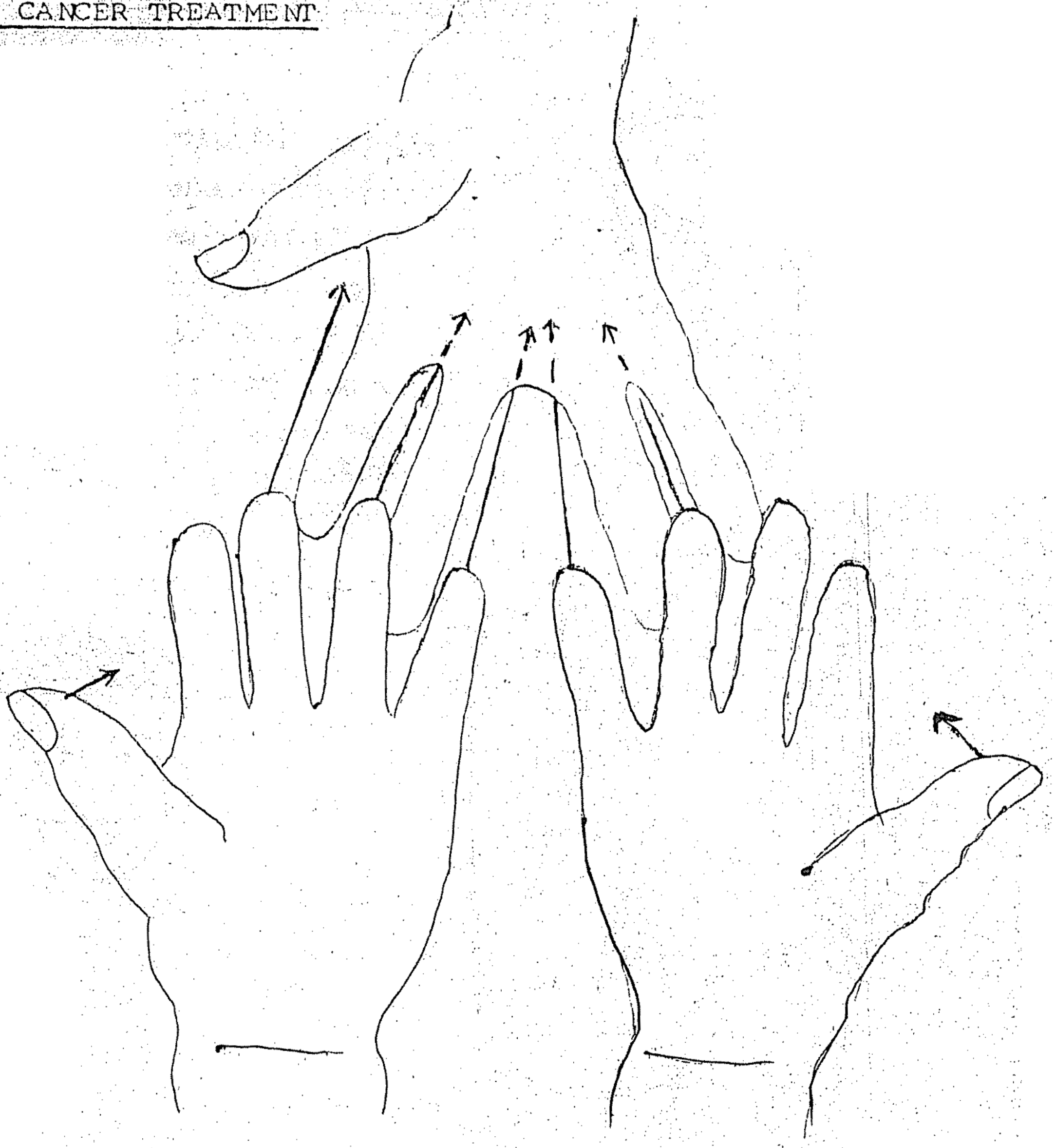






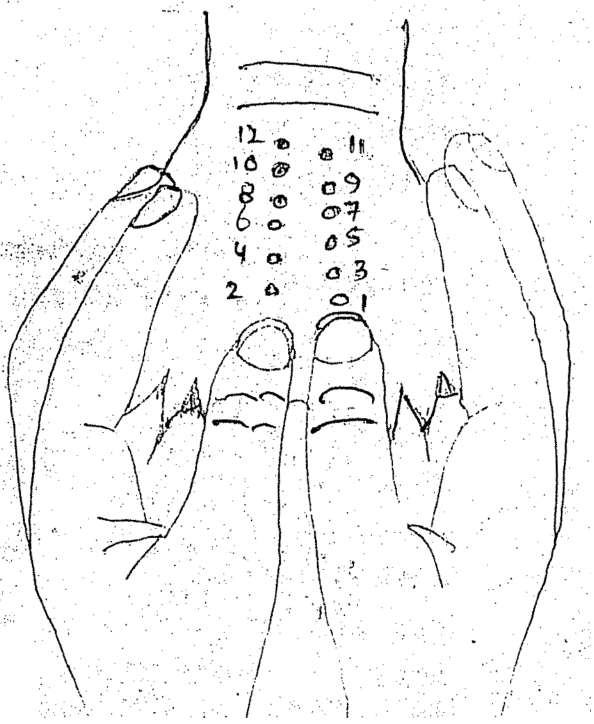
If a patient has braincancer the blood will come inside the brains.
For a treatment put the + point of the healing stick in luke-warm or warm water. After one hour you can put the stick out of the water. Now give small + points, according to the picture from the ring-finger to the shoulder. Then go behind the ear, over the forehead, on the other side behind the ear and finish in the neck.
Put the stick for every small pressure into the water.
You can give the patient two treatments on a day and then give the patient one day rest. Then again give two treatments [illegible] and [illegible] seven times.

END OF THE CANCER TREATMENT

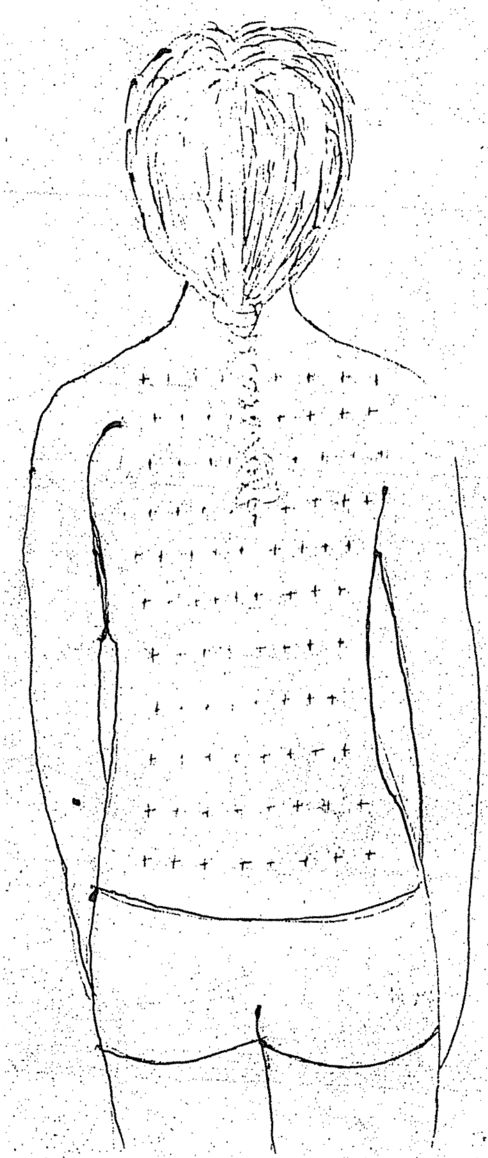


Take the hand of the patient with both of your hands according to the first picture. Put your ringfinger and little finger inside the fingers of the patient. Then put both of your thumbs in the palm of the hand of the patient. Press hard with the nails of your thumbs, one by one, in the hand of the patient, according the second picture.

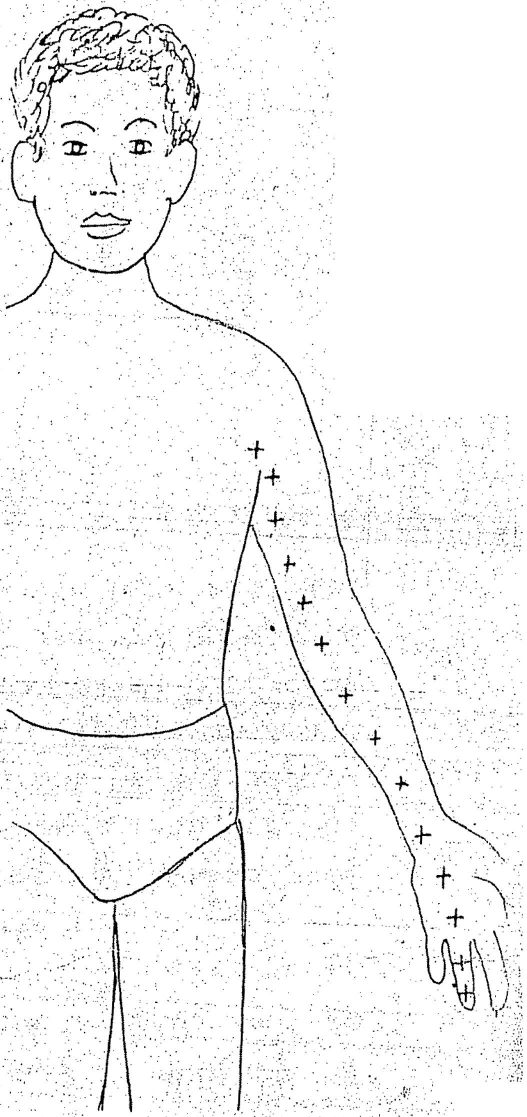
Do the same for the other hand.



PROBLEMS ABOUT SEXUALITY

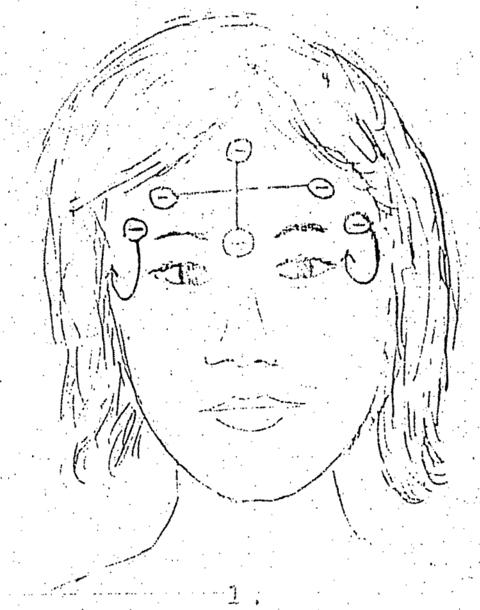


- Boys and girls from 10 to 15 years ol[d]
  Now the sexuality is starting and thi[s]
  can give some problems. If there are
  some problems then take the + point
  of the healing stick and give lots of
  small points on the back of the
  patient. Give points for about 2
  seconds.



- Men from 15 to 26 years old.
  Problems around sexuality can give
  problems with the health. Give
  more vitamins for the body to grow.
  Onions are good for problems
  related with sexuality. The best
  is to drink lots of water. Do not
  drink to much alcohol and don't
  drink to much coffee or thee.
  This can give depressions. Beer
  makes the body fat. vegetable soup
  with a Little bit salt is good for the health.
  For all problems with sexuality take the + point of the
  body is thick. Start in the arm-pit and give + points on
  the right of arm till the ring-finger. Give each point
  for some peards.

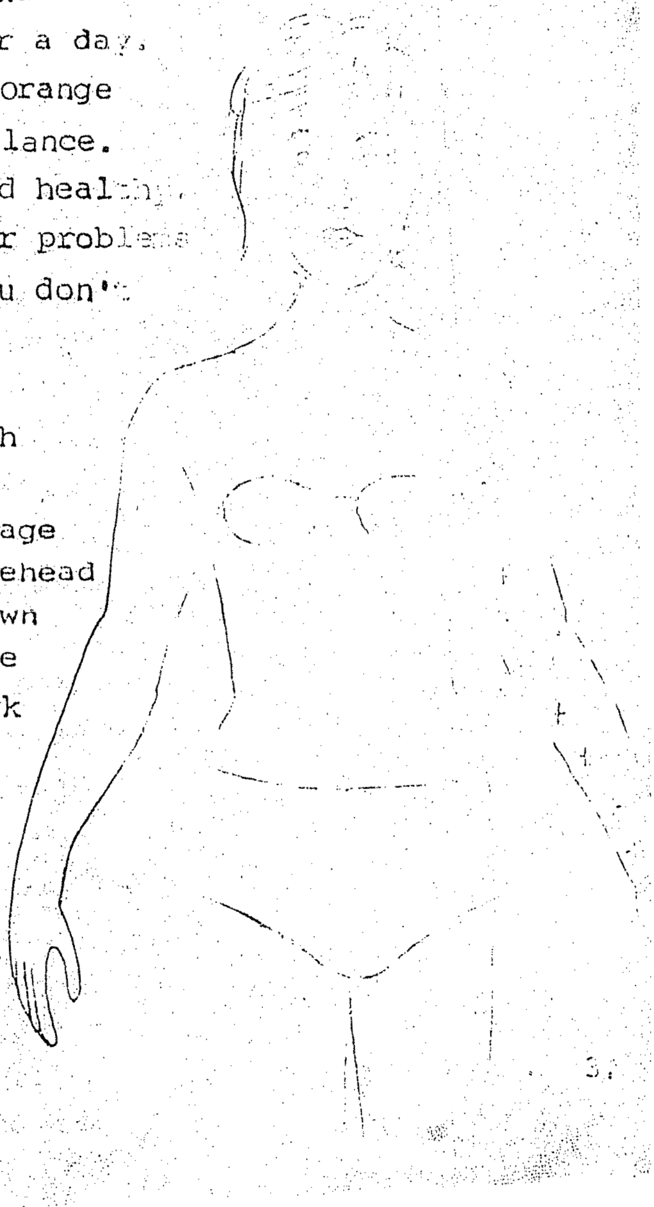
- Problems with the sexuality for [illegible] years



1.

In general eat more fruit and drink at least 3 litre water a day. Apples gives inner energy. Orange juice makes your skin in balance. lemon juice makes your blood healthy. Lemon juice is also good for problems with having a period. If you don't follow this rules you will become older very soon.

When there are problems with having a period or with sexuality, then give a massage with the – point on the forehead and near the temples as shown in picture 1. Then take the + point of the healing stick and give 2 points just under the neck (picture 2). Then give + points from the arm-pit till the ring-finger for 5 seconds each point as shown in picture 3.

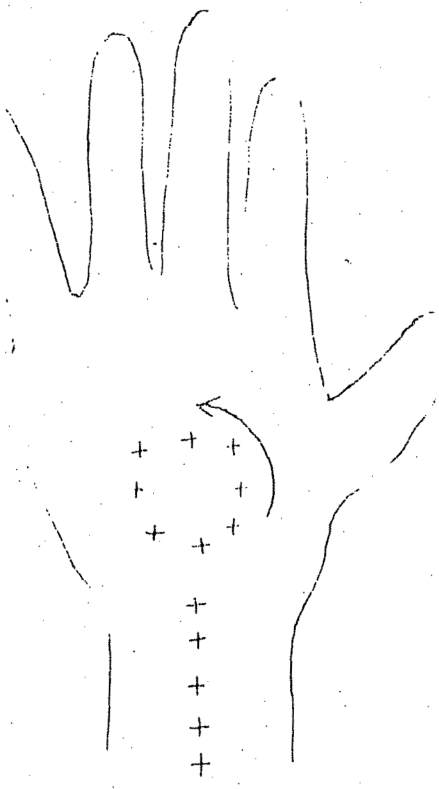


3.

[illegible] TH HAV[illegible] A PER[illegible]D

[illegible] as [illegible]blems with [illegible] it is [illegible] has a problem [illegible]ne. [illegible]etimes the [illegible]ot [illegible] it. The [illegible] has to much [illegible] Th[illegible] also [illegible]ive [illegible]s.

[illegible] point of the healing [illegible] [illegible]ound of points [illegible] of [illegible] hands. [illegible] points on the [illegible].



- Now take the + point of the healing stick and give some points for 5 second[illegible] in the middle under the feet.

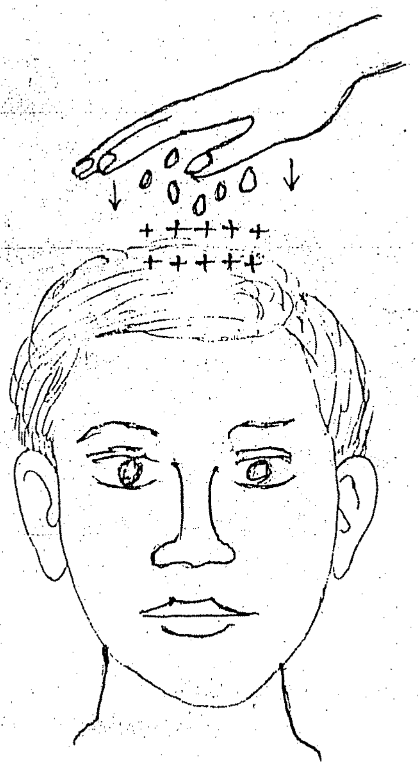
- To prevent problems with having a perio[illegible] eat more fruit like apples (no eggs). You also can drink 2 glasses of lemon w[illegible] before sleeping.

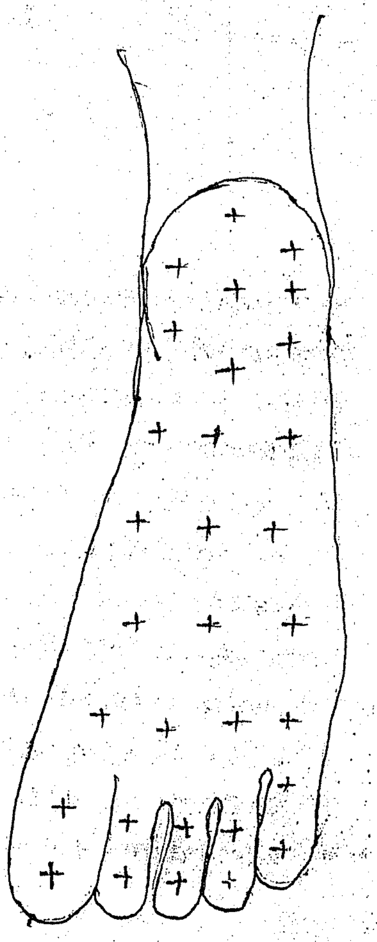
- After this treatments you can put a lit[illegible] massage oil on the hands and feet of th[illegible] patient and give a powerful massage on [illegible] hands and the feet.

DREAMS ABOUT SEXUALITY AND LOVE-AFFAIRS

- Dreaming about sexuality doesn't seem very serious. If you dream to much about sexuality on the day or at night it will take your energy away. It certain happens when you are unhappy with love-affairs. It even can push you inside a depression. So it is better to unlearn this habits before it will be to serious. The following treatment you can also do when you have serious problems with above-affairs

Put some hot water in your hand and put it on the crown of the patient. Take the + point of the healing stick and gave about 10 points from 5 seconds each on the crown.
Then take the foot of the patient and give lots of + points under the foot from 5 seconds each. Do this for both of the feet. Let the patient wash his feet before going to sleep. After 3 days the dreaming will stop. This treatment is the same for men as for women.

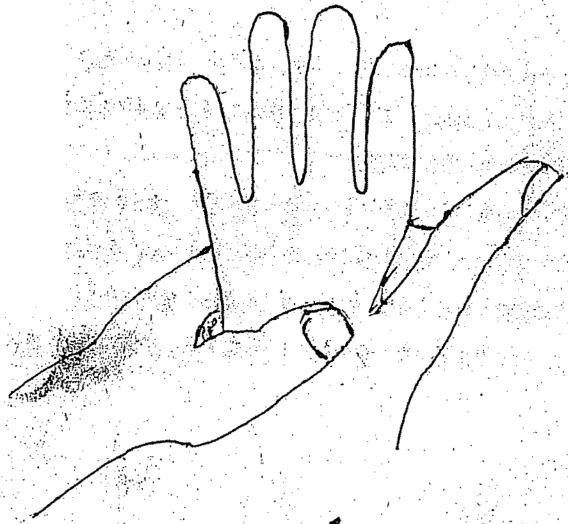




Go to sleep early.
It is the best to eat not to much hot food like eggs.
Also to much cheese and milk-products are not good.

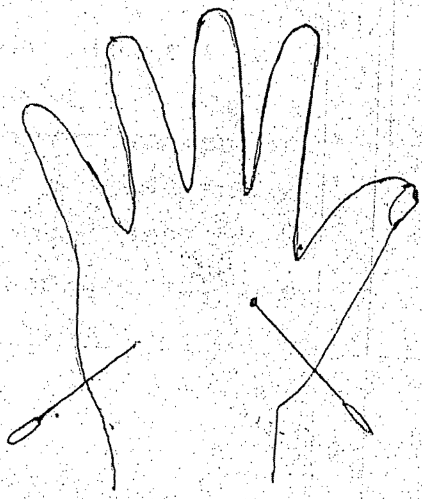
PROBLEMS WITH THE URINE .

The urine can be to dark. If you want to see if there is a problem than press with your hand in the palm of the hand of the patient. If this hurts than there is a problem. You can take a hot needle and give points on the hands and feet as shown in picture 2 and 3. You can also take drops of hot oil or water for this treatment. You can give this treatment two times a day.



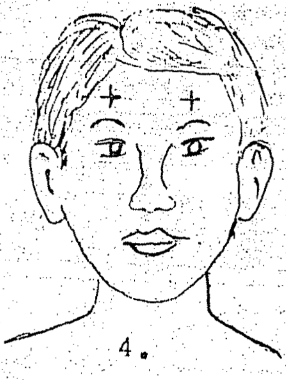
1.

2.



3.

- Another problem with the urine as that at some boddy bit because of the problem can be the cold, alcohol of poisoning. make the + point of the heading st ok and give two + points above the eye of the patient according to picture 4. then give also the + points beside the bladder of the patient. acorrding to picture 5.



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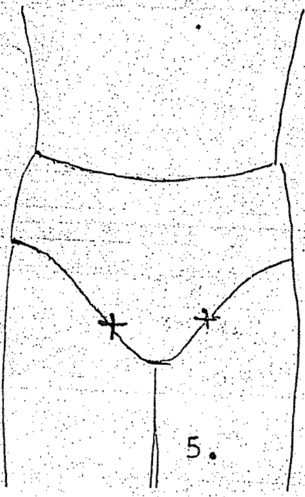


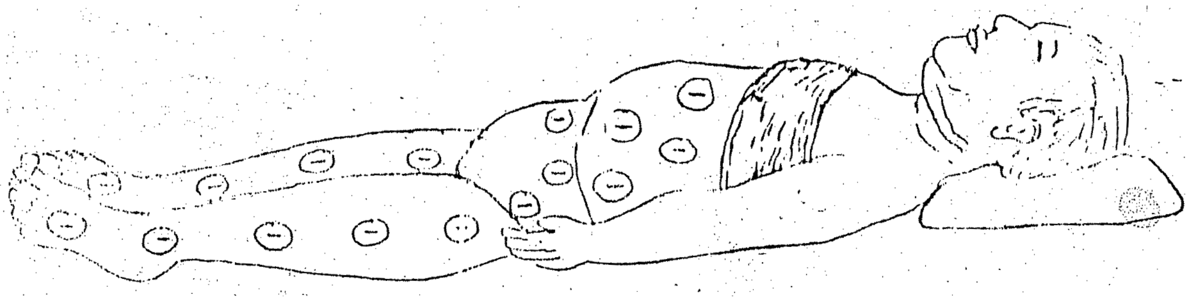
5.

TREATMENT FOR LOOSING WEIGHT

- Put 8 to 10 lemons in a bucket of water . Use the water after 3 days of more. The longer you wait, the better works the lemon water.

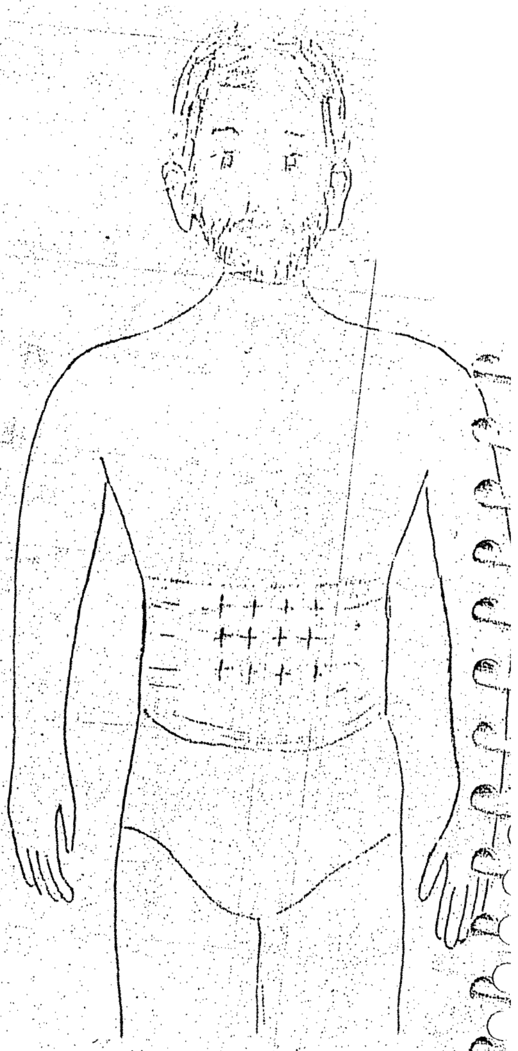
- Let the patient lay down on a bed. Put a dry towel around the body over the heart. Now put the - point of the healing stick in the lemon water. Give a massage with the - point over the body, but only below the heart. So don't touch the towel or the body above. Let the lemon water soak in for 20 minutes.

- After this treatment people get tired. Let them walk for 5 or 10 minutes. Repeat this treatment for more than a week, every day or with breaks.

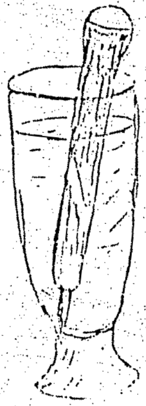


PAIN IN THE STOMACH, STOMACH ULCER OR BLEEDING

- You can get problems with your stomach, if you eat spoiled food or to much oiled food, or when the food has not good boiled. Soon you will get diarrhoea and you feel weak. For the treatment you can give a glass of lemon water to the patient. Then put a piece of clothes or a towel into salt water and put it over the stomach. Take the + point of the healing stick and give + points on the towel and the stomach. After this let the patient drink as much water as possible.



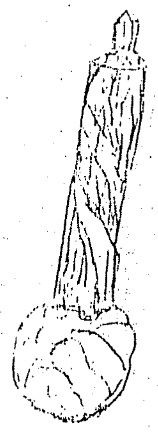
- You can also have some pain in your stomach without diarrhoea. Sometimes after eating of fruits who are not ripe (apples). Also to muc[illegible] meat, chicken and eggs or oil food like chee[illegible] can give you this problem. For the treatment[illegible] the + point of the healing stick in a bowl o[illegible] a big glass of water for 10 minutes. The pat[illegible] has to drink 3 cups of this water each day. Normally the problem will be left soon.

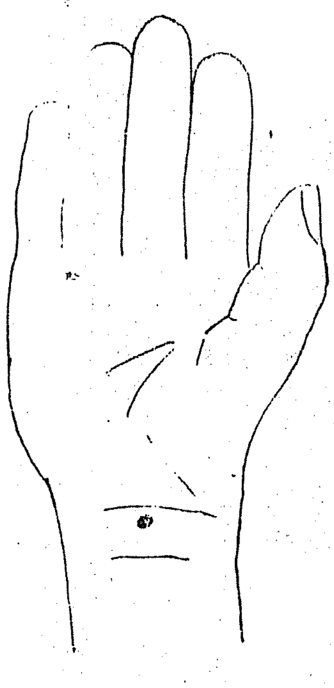


- The treatment for stomach ulcher and stomach bleeding is the same. You can recognize a stomach ulcher when the patient has a red hand and a white hand. For the treatment take some massage oil and make it warm. Take the - point of the healing stick and put a piece of cloth around it. Then put it into the massage oil and give a massage over the stomach. Do this one time in the morning and one time in the evening.

- The second treatment for stomach ulcher or stomach bleeding is to give acupuncture at the wrist under the hand on the point according to the picture. Do this on both of the hands. If you don't have acupuncture needles, you can do the same with the + point of the healing stick. Put the hands of the patient in warm water to make the skin soft. Then give a two minutes pressure at the point on the wrist, according to the picture. Do this also for both of the hands.

- The best for the patient is to eat soft green vegetables and some soft food like bread and fruit-juice. Don't eat meat, chicken, fish or oil food like cheese. You can do these treatments for seven days. Then it should be better.



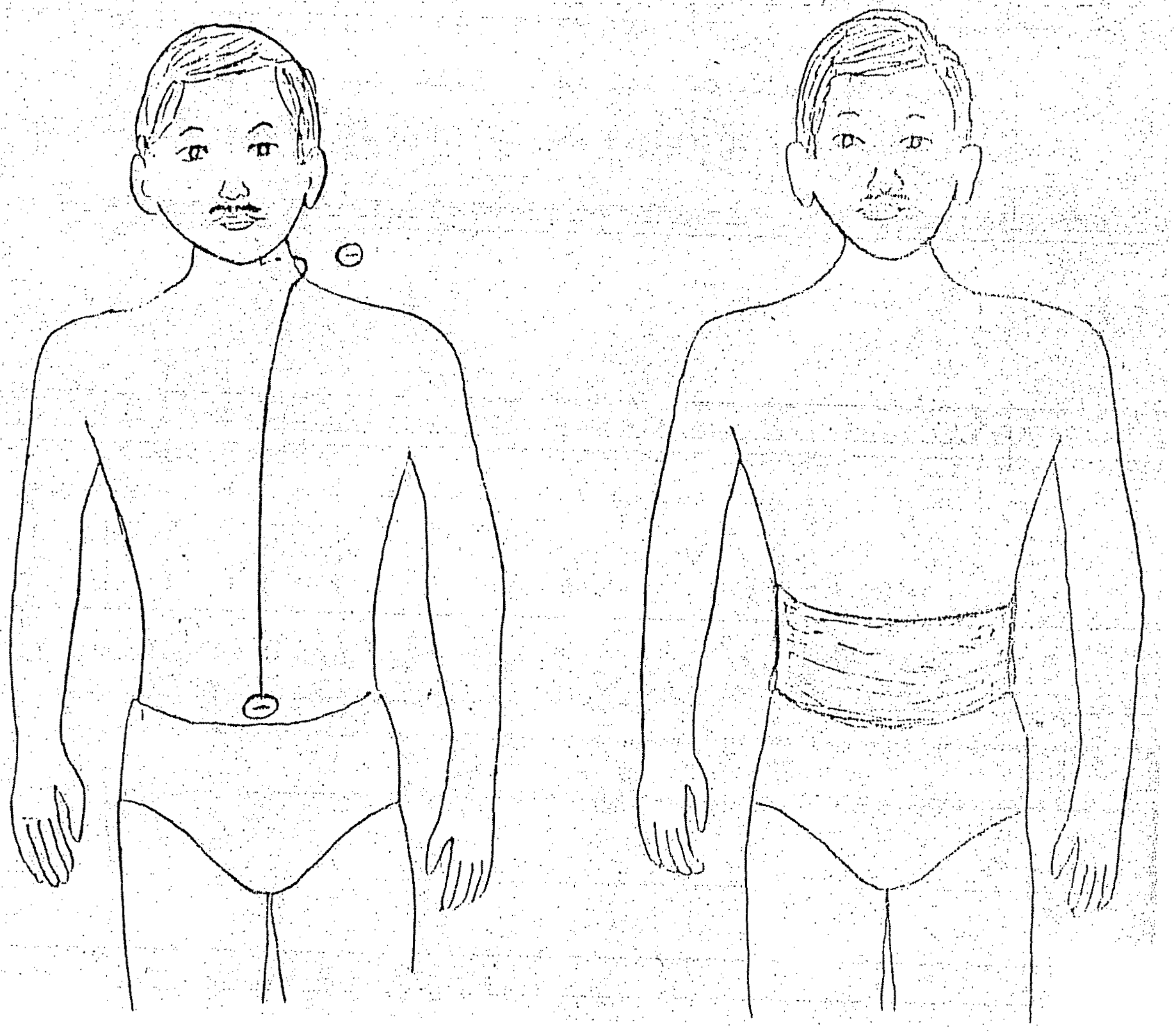


APPENDICITIS

If a patient has appendicitis, the appendix is very painful and the patient has no hungry feelings any more. Give this treatment in the morning to a patient with an empty stomac. First let the patient drink one litre of water. Then give slowly a massage with massage oil. Be careful because the appendix is painful.

- Now take the - point of the healing stick. Start in the neck, then go to the front side, over the breast down to the appendix. Give here a massage for one minute and turn the stick clockwise. Then put your thumb on the appendix and put a towel around the body and the appendix. Do this for four days.

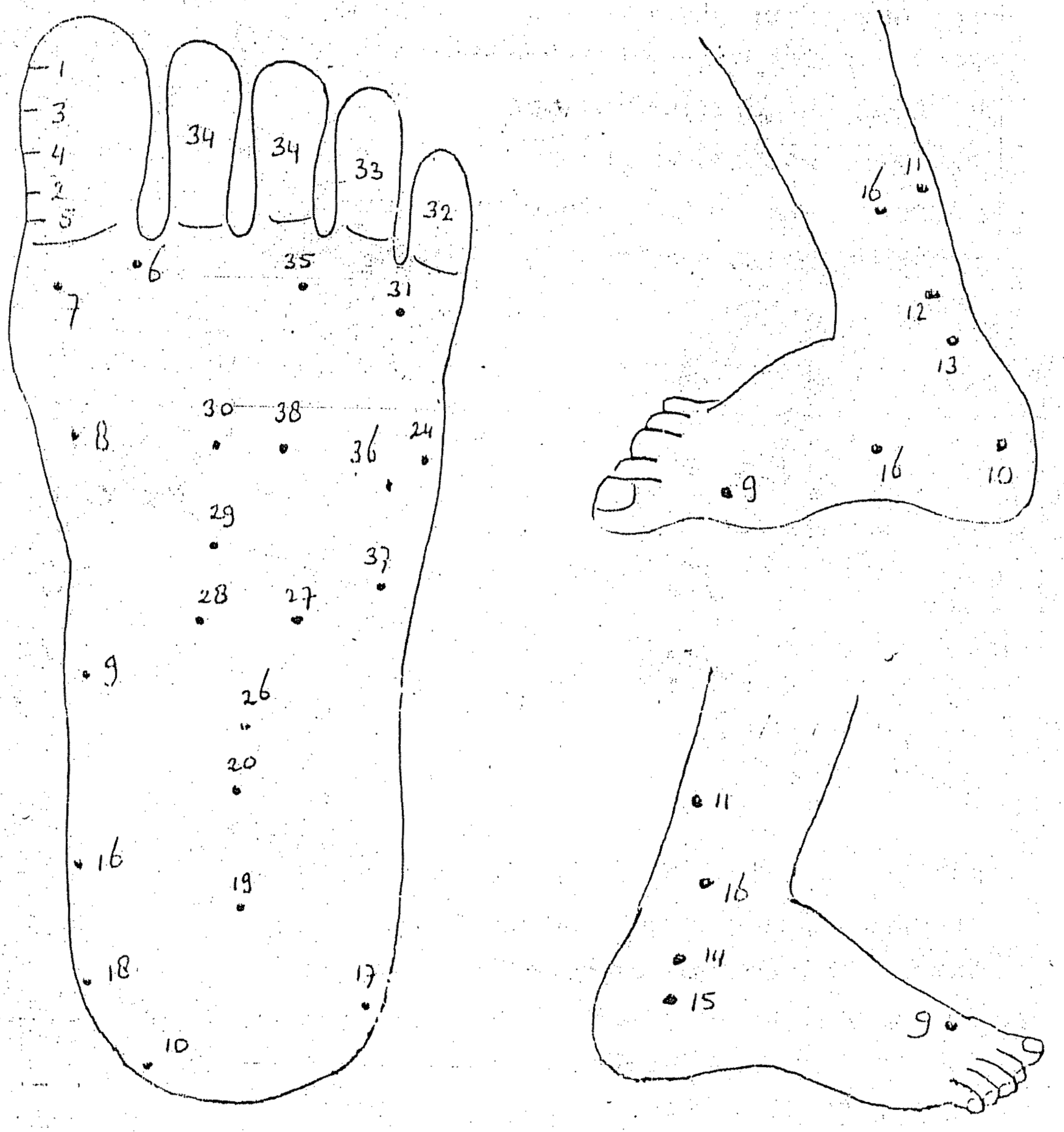
- Don't let the patient eat meat or oil food, like cheese. Eat vegetables and soup, but no fruits. If it is available let the patient drink some coconut water or otherwise some water with glucose D. Also the patient can eat some bread.

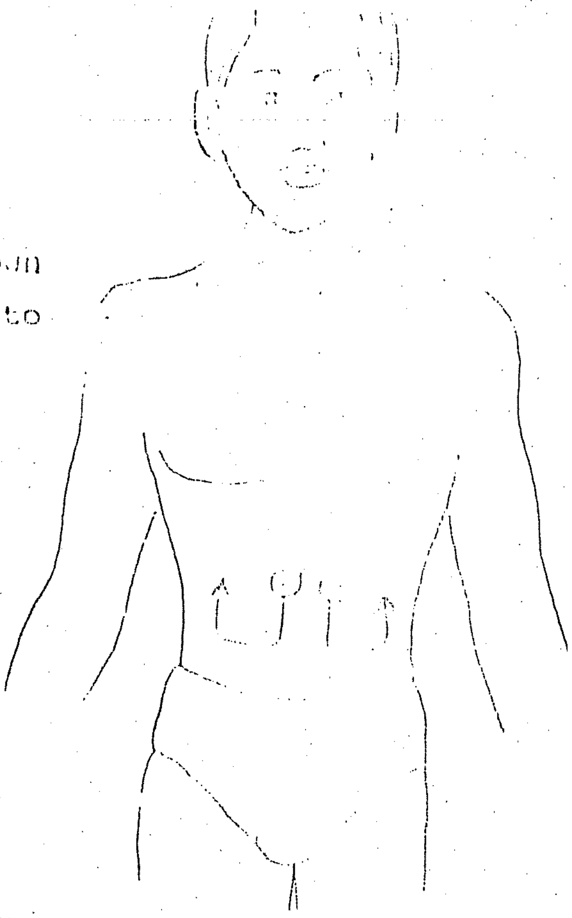


STONES IN THE KIDNEY

Take the + point and put it in salt water.
Press 10 seconds at every point and dip the + point every time in salt water.

Keep the right order from 1 to 38.

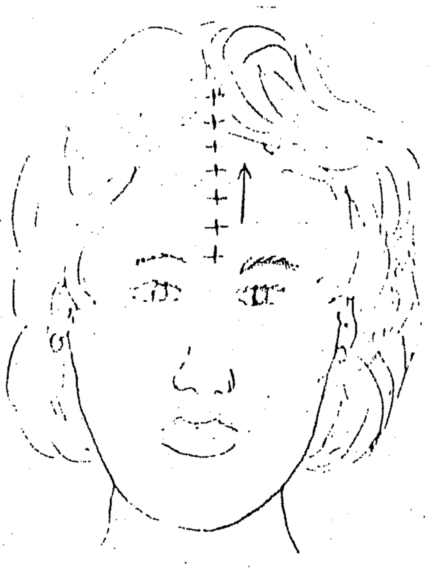


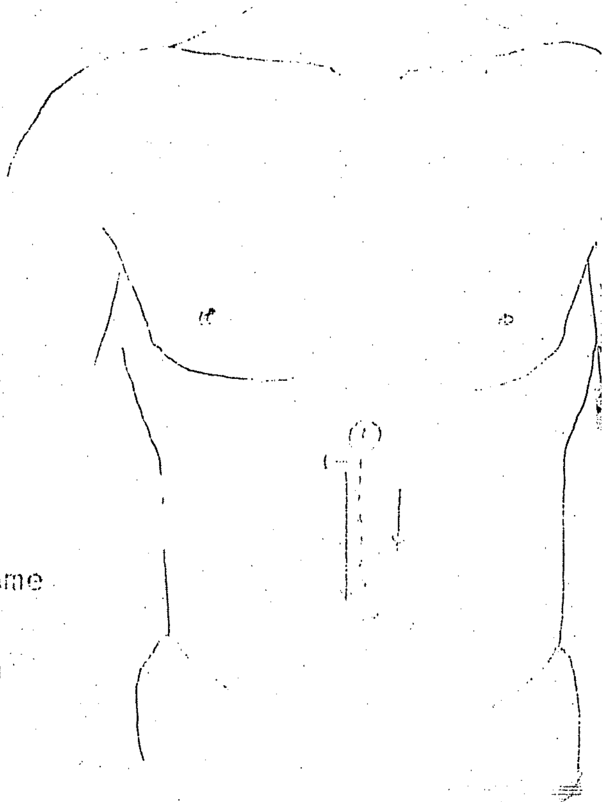


- Put your hands on the stomach region of the patien with your thumbs downwards. Press hard with your thumbs while going down down. Then go with your thumbs to the direction of the kidneys. From there go upwards

- Drink hot water in the morning.

- If there are serious problems with the eyes , than put the + point of the healing stick in pure lemon juice. Give 7 point from 10 seconds each on the forehead of the patient, according to the picture. Put the + point for every pressure point again in the lemon juice.

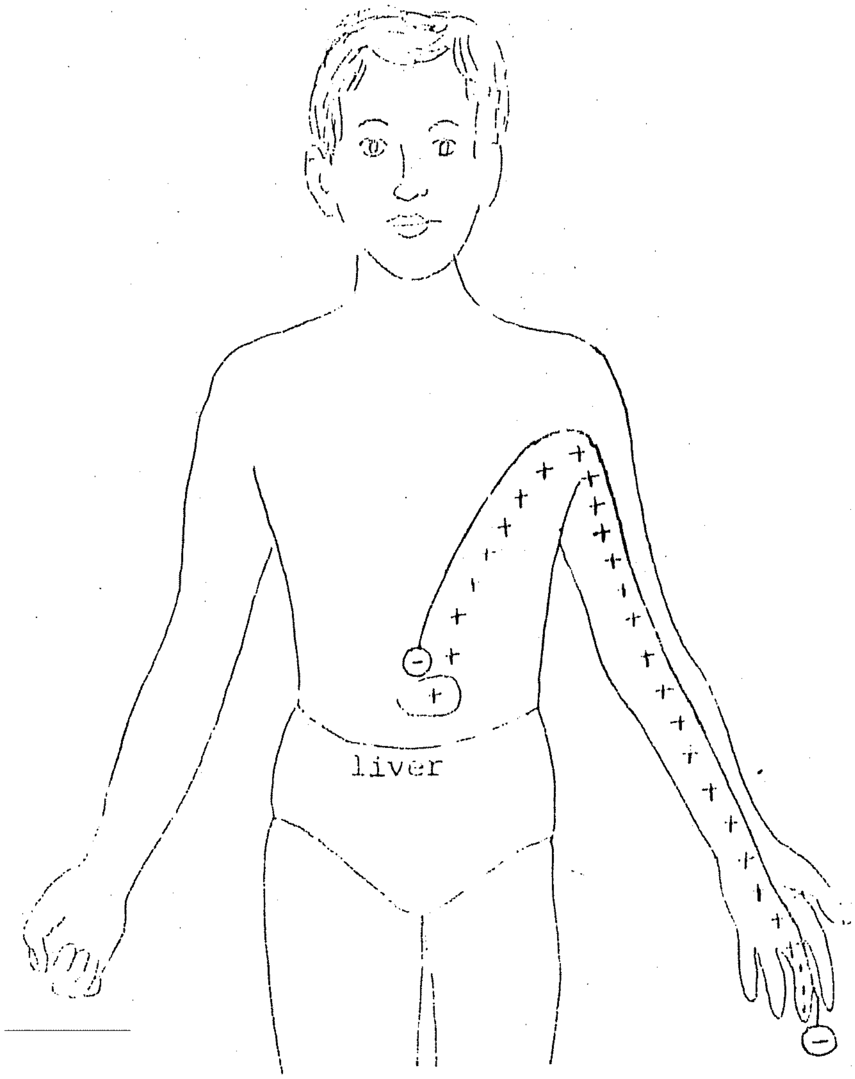




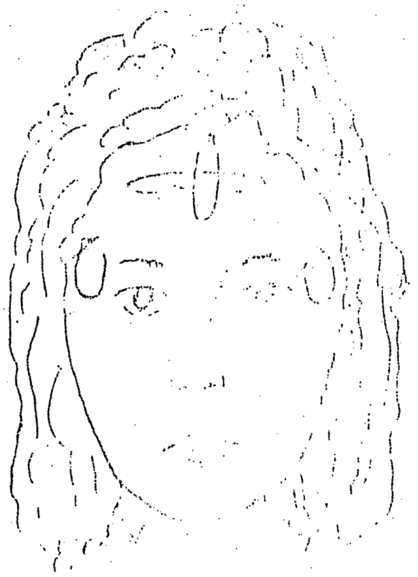
- Put the + point of the healing stick in lemon juice and give 7 to 8 points for 10 seconds on the points as shown in the picture. Then take the - point of the stick and start on the same point. Then pull the stick down till the navel. The same way you did before with the + point .

Patients with malaria will have a (big) fever and than they will feel cold. The disease is caused by larvae of mosquitoes when they come into the liver they give poison and this is malaria. For the treatment first we have to kill the larvae in the liver. Put the + point of the healing stick in lemon water for one hour. Give now + points from 3 seconds each from the middle finger to the arm-pit and from the arm-pit to the liver. Do this for the left and the right side. For every point put the healing stick into the lemon water.

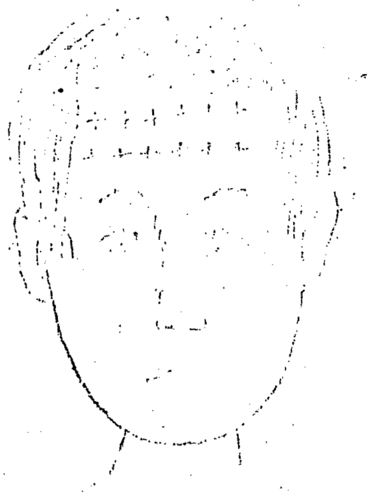
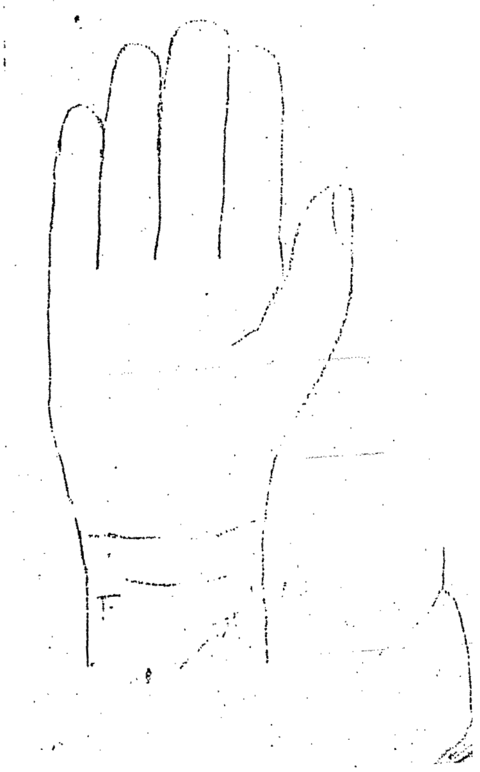
Then you can clean everything with a cotton cloth. Finally you can give a massage from the middle finger to the arm-pit and then to the liver. Also on the left and the right side.



HEADACHE AND MIGRAINE



- In general you have to drink more water. Three litres water a day is good.
- For the treatment first take the − point of the healing stick and give a massage on the forehead. First upwards and downwards and then from the right to the left. Then give a massage to both of the temples. Turn the stick clockwise.



- Now take a bowl with chilled water and put the + point of the healing stick into the water. Give some + points for 5 seconds each on the forehead, according to the picture. For every point put the + point into the chilled water.
- Also you can give a + point for 10 seconds on the general treatment point number 13 on the side of the wrist, according to the picture (see also page 30). Do this for both sides.